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Canada

pg 5

Harper blasted by Ignatieff as being two- faced

Mooseheads aim for improved year

QMJHL One of the longest off-seasons in Halifax Mooseheads' history will finally end Friday night in Sydney.

The Mooseheads, who haven't played since March 15, open their 16th Quebec Major Junior Hockey League season against the Cape Breton Screaming Eagles, hoping to erase the pain of last season's second-worst finish in franchise history.

It's a younger, new-looking squad this season, with 13 new faces in the lineup, including eight rookies.

"It was a long off-season," said returning Mooseheads forward Linden Bahm, a 20-year-old in his fourth QMJHL season. "We really want to make the playoffs. We don't want to go through the same thing we went through last year."

The Herd visits the P.E.I. Rocket on Sunday.

MATTHEW WUEST/METRO HALIFAX
MORE COVERAGE, PAGE 11

News on the Move

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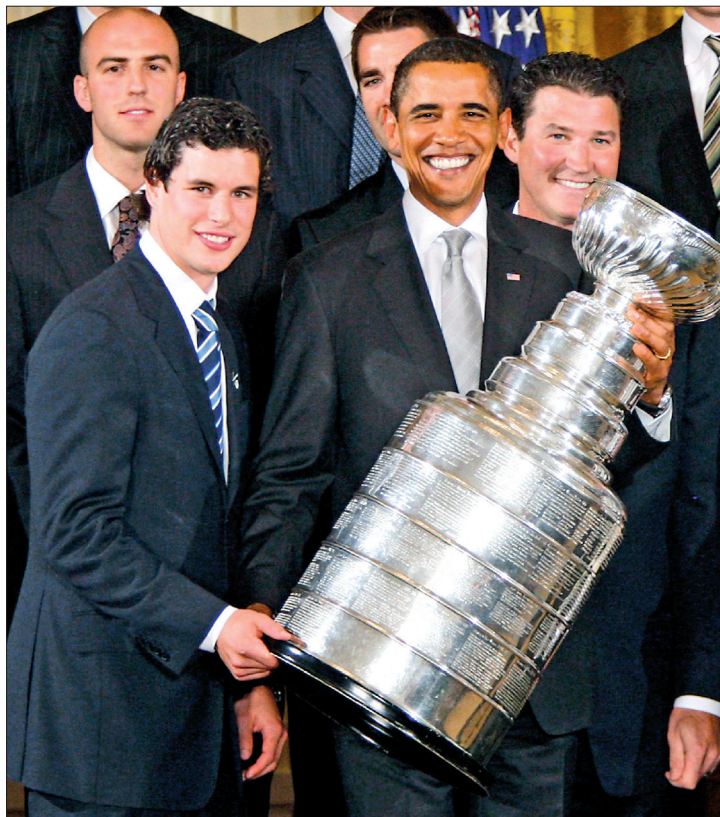
Entertainment pg 14



Hot flicks out this fall

On the web

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Cole Harbour's Sidney Crosby helps U.S. President Barack Obama hold the Stanley Cup as he honours the 2009 Stanley Cup NHL champions, the Pittsburgh Penguins, during a ceremony in the East Room of the White House in Washington on Thursday.

Obama greets Crosby, Penguins

CUP United States President Barack Obama welcomed the 2009 Stanley Cup champion Pittsburgh Penguins to the White House Thursday, and celebrated the hockey team for its performance on and off the ice.

Obama also slipped in a friendly jab at Cole Harbour native and Penguins captain Sidney Crosby after No. 87 came forward and handed him a team jersey with No. 44 on the back.

"Sidney must be really fast, because there are some big hockey players, and he is not one of them," Obama is quoted as saying.

The Penguins won the best-of-seven series in June, defeating the defending champion Detroit Red Wings. They then took the cup on a road trip to thank their fans, an act that earned the players the thanks of a grateful president.

"They took it on fishing trips and stopped by neigh-

bourhood barbecues. They visited elementary schools and brightened the days of children recovering in the hospital," Obama said during a ceremony that was moved indoors to the East Room because of threatening skies.

"I think this Cup has even held a baby or two. So this is a team that understands that being a champion doesn't end when you step off the ice," he added.

THE ASSOCIATED PRESS
WITH FILES FROM METRO HALIFAX

Council hours too long: Uteck

Councillor files health and wellness complaint

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A Halifax regional councillor says when she and her colleagues spend day and night at City Hall, skipping breaks and even meals, it isn't healthy for them — or for the citizens of HRM.

Coun. Sue Uteck, who represents Northwest Arm-South End, told Metro Halifax Thursday she filed a formal health and wellness complaint with the municipality's human resources department this week after working more than 12 hours Tuesday with only a 35-minute dinner break between meetings.

Uteck said she started her day at 8 a.m., with "a working lunch" followed by in-camera council meetings until 5:40 p.m. then the public city council session from 6:15 p.m. until after 9:30 p.m.

"The rules of order state that council is to break at 4:30 p.m. in the afternoon (and) reconvene at 6 p.m.," she said. "There's obviously a very good reason for that."

That reason, she said, "is to allow us to get up, clear our heads, walk around (and) get a bite to eat."

If city councillors aren't

able to reenergize between these sessions, Uteck said they often end up rushing through decisions without enough debate.

"The decision making deteriorates rapidly," she said, adding it affects "the bottom line of the municipality."

Uteck suggests holding committee of the whole and the regular city council session on separate days of the week, instead of trying to squeeze it all in on Tuesdays.

Mayor Peter Kelly said Thursday restructuring the council schedule is certainly an option, "if the majority of council wants to go in that direction."

But he said Tuesday is typically the only long day each week, adding they try to stick to scheduled breaks as much as possible.

Kelly said meeting lengths depend on how much debate takes place — and on whether or not councillors stick to the issues.

"We have to allow that debate to take place to be free to the democratic process," he said. "We have a job to do and the taxpayers expect us to do that job without whining and complaining."



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Local



Bluenose II gets spruced up

The Bluenose II won't be on the water next tourism season as the province's sailing ambassador is set to undergo a 10-month, \$14.4-million refit. Michael Noonan, spokesman for the Department of Tourism, Culture and Heritage, said the work scheduled to begin this spring is being cost-shared between the federal and provincial governments. He added the refit is being done to restore the haul on the 46-year-old ship to "optimum condition." Work is scheduled to be completed in late February 2011.

METRO HALIFAX



Feds add \$7.5M for flood costs

FUNDING The federal government announced Thursday it was providing a final payment of \$7.5 million to the province for costs incurred after major flooding happened in Nova Scotia six years ago.

Heavy rainfall combined with spring runoff in late March of 2003 caused significant flooding in several communities, resulting in extensive damage, including washed out roads and repairs to several bridges.

The affected communities were Oxford, Kernville, Truro and Bridgewater.

Public Safety Minister Peter Van Loan made the funding announcement Thursday in Truro. It brings the federal contribution to the 2003 flood relief to \$21 million.

METRO HALIFAX

Man rescued after boat catches fire

MAHONEY BAY One man was rescued from a pleasure boat that caught fire in Nova Scotia's Mahoney Bay Thursday.

He was pulled from the eight-metre fibreglass craft by other boaters in the Clay Island area.

There were no injuries. The boat was towed ashore where it burned to the waterline. There's no word on what caused the fire.

THE CANADIAN PRESS

Deficit disagreement

Parties each offer their own version of province's finances

PAUL MCLEOD
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All three political parties have a different version of whether Nova Scotia ran a deficit last year. The Liberals say we did, the Tories say we didn't and the governing NDP say it was both.

New financial documents released Thursday by the finance department show revenue was lower than expected last year while capital spending was up.

The province also had a \$19-million surplus or an \$82-million deficit, depending on who you ask.

The Tories, who were in government then, say their budget was balanced because they re-borrowed some federal offshore money that was put on the debt years ago. It's a valid accounting move according to generally accepted accounting principles, or GAAP.

But Nova Scotia laws demand offshore money pay down the debt. It was the Tory attempt to repeal that law that led to their defeat in the legislature. Therefore the Liberals insist the province was in deficit last year according to Nova Scotia law.

The NDP isn't taking a side.

"I don't want to get into semantic games. According to GAAP it's a surplus, according to the rules of the provincial finance act it's not," said Finance Minister Graham Steele.

Steele refused to say which definition of 'balanced' the NDP will use in



Finance Minister Graham Steele answers questions from reporters at Province House Thursday following the release of the government's financial statements.

Debt now \$13,138 per person

• In total the debt went up \$200 million last year to \$12.3 billion, though the debt-to-GDP ratio remained stable. The provincial debt is now \$13,138 per person, up \$200 from before. Revenue last year was down \$80 million from the previous year while expenses went up \$335 million.

their upcoming budget, expected to arrive in two weeks.

It's a predicament for the new government. If they do change finance laws they

will face charges of hypocrisy from the other parties after the Tories were defeated for doing the same thing.

But if they don't change

the rules they'll have an incredibly high bill to pay down — which includes the deficit of the previous year — at a time when revenue is dropping.

MacDonald officially ends time as an MLA

PAUL MCLEOD
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It was a month ago former premier Rodney MacDonald announced he was leaving provincial politics, but only Thursday did he hand in his resignation papers.

As of 3 p.m. Thursday MacDonald no longer was the MLA for Inverness. The official resignation is key because it kick-starts the process to replace him.

Premier Darrell Dexter had said he was waiting for MacDonald to officially resign before a by-election could be ironed out.

That by-election could be very soon. Dexter said Thursday it might be possible to hold races in Inverness and

Antigonish, where Tory Angus MacIsaac has also stepped down, while the legislature is sitting this fall.

Dexter said the only concern is schedules clashing with a potential federal election.

"It seems every day we're tumbling closer to a federal election," he said. "There was considerable confusion last time, I think, when the federal advance polls were the same day as the municipal election. It created a lot of confusion."

MacDonald stepped down as party leader for the Progressive Conservatives in late June, but said he had "no intentions of going anywhere."

He then announced in early August he was quitting as MLA, in part to spend more time with family.

With MacDonald and MacIsaac both departing, the Tories will have just eight members when the legislature reconvenes next Thursday.

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NDP cuts taxes from home heating

PROMISE It had been one of their banner promises as an opposition party, and now that the NDP has formed the government they're wasting little time removing taxes from home heating.

For years the party has advocated taking away the provincial portion of the HST from home heating electricity. On Thursday, Premier Darrell Dexter announced the change would come into effect Oct. 1.

"It's a principle that there are some things in our society that ought not to be taxed," Dexter told reporters following a morning cabinet meeting.

"The necessities of life are among them."

Dexter said the average Nova Scotian is expected to pocket about \$120. He has promised the money to fund the program would come from the existing budget, but said the details of how that will happen

will be presented in the fall budget.

The plan is expected to cost \$15 million this year and \$30 million next year. It is also not without controversy.

Some environmental groups have criticized the change, saying making electricity less expensive will spur more consumption. But Dexter said he does not believe that will be the case.

PAUL MCLEOD
/METRO HALIFAX

News in brief

EXHIBIT A national travelling photo exhibit of Canadians impacted by cancer opened Thursday in Halifax. Cancer Connections shares stories of people across the country touched by cancer through black and white photography taken by both amateur and professional photographers. It will be on display at the Sexton Campus of Dalhousie University through Sept. 27 and is free of charge. Cancer Connections was launched in May of 2008 with about 300 photos in Toronto.

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WHAT'S ONLINE TODAY

Video Rivals blast Stephen Harper as two-faced after videotaped comments released to media at metronews.ca/canada



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Two new judges appointed to Nova Scotia Supreme Court

The Nova Scotia Supreme Court has announced the appointment of two new judges. Peter M.S. Richardson-Bryson, a partner with McInnes Cooper in Halifax, is joining the judiciary in Halifax. David P.S. Farrar, a partner with Stewart McKelvey Scales in Halifax, will be working in southwestern Nova Scotia. **METRO HALIFAX**

Killer given 10-year jail term in stabbing

Death 'left a hole,' man's loved ones tell hearing

KRISTEN LIPSCOMBE
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One by one, Gregory Fost's loved ones stood up in a Halifax courtroom Thursday to tell the man who violently took his life last April how losing him has devastated their lives.

Police officers found Fost, 37, stabbed to death inside a Windmill Road apartment building at 12:30 a.m. April 23, 2008, following a gathering in Dartmouth during which five acquaintances were "drinking significantly," the statement of facts says. Justice Heather Robertson sentenced Kenneth James Humphreys, 46, to 10 years in a federal prison, a couple months after he pleaded guilty to manslaughter. He received 33 months credit for time already served, for a final sentence of seven years and three months.

Fost's mother was the first to read her victim impact statement aloud in Nova Scotia Supreme Court.

"His murder has left a hole in my heart and an emptiness in my soul," said Carol Whittock, who like many in the courtroom came dressed in black and clung tightly to

ing goodness around us and now that belief is gone," he said. "That belief is strangled; it was stabbed repeatedly by a knife."

Humphreys, described in court as a severe alcoholic, was also sentenced to six years for the aggravated assault of Clyde Hogan and two years for the unlawful confinement of Lorraine Robinson and Louise Butts, also from that fateful night. The three prison

"To have to face that little boy and tell him that his father had been murdered in a senseless act of violence was unbearable."

Carly Hood, mother of Gregory Fost's son

tear-soaked tissues.

Whittock said her son had fought hard to rehabilitate himself after suffering a serious head injury when he was hit by a drunk driver as a teenager. Step-brother Steven Van Alstyne added Fost had never fully recovered, calling the fact he had survived "a gift from God."

"My brother Greg was more than a deeply loved brother, he was an affirmation to me of an underly-

terms will be served concurrently.

Carly Hood spoke on behalf of the son she shared with Fost.

"To have to face that little boy and tell him that his father had been murdered in a senseless act of random violence was unbearable," she said, her voice cracking.

Humphreys stood up and apologized before being sentenced. "I never intended for this to happen."

Military justice not unfair, judge rules

HEARING A military judge has rejected a defence argument that the sentencing options for a Canadian soldier convicted in the accidental shooting death of a comrade in Afghanistan are unconstitutional.

No reasons were given by Cmdr. Peter Lamont for his decision Thursday, delivered on the second day of a sentencing hearing for Cpl. Matthew Wilcox.

Maj. Stephen Turner, who represents Wilcox, argued the limited range of sentencing options under military law can lead to

Quick-draw

- The court martial has heard evidence that Cpl. Matthew Wilcox and Cpl. Kevin Megeney were playing a game of quick-draw when Wilcox fatally shot his close friend in the chest.

cruel and unusual punishment, mainly because there is an over-reliance on incarceration for serious crimes. He said military law has not kept up with civilian law, which has left convicted soldiers,

sailors and airmen vulnerable to needlessly harsh treatment.

Wilcox, a 24-year-old reservist from Glace Bay, N.S., was convicted in July of criminal negligence causing the death of Cpl. Kevin Megeney, a close friend and fellow reservist from Stellarton, N.S.

A charge of manslaughter was stayed, but Wilcox was also convicted of neglect of duty for firing his Browning 9-millimetre pistol inside his tent at Kandahar Airfield on March 6, 2007. **THE CANADIAN PRESS**

Barrington Street Take a look overhead



Spiderman poses for a photo as he spins his web along Barrington Street Thursday. Spidey — a.k.a. John Ratchford, a photographer from North Sydney — was jumping around on light posts and mailboxes as he made his way through downtown Halifax.

Consumer confidence rising in province: Poll

STUDY Consumer confidence is on the upswing in Nova Scotia, according to a recent poll by Halifax-based Corporate Research Associates.

The survey conducted from Aug. 6 to 31 saw Nova Scotia's Consumer Confidence Index jump to 98.2 from 86.6 from the last poll conducted in May.

The CCI is derived from a series of five questions related to the perceived state of the provincial economy, household economic situation and conditions for major purchases. It also takes into account

assessments of economic conditions presently and in the upcoming year.

For Atlantic Canada, the CCI now tops 100 points at 101.3, up from 92.1. For the four Atlantic provinces, Newfoundland and Labrador has the top CCI at 111, followed by Prince Edward Island (99.8), New Brunswick (98.6) and then Nova Scotia.

A total of 1,507 adults were used in this survey, which is accurate within 2.5 percentage points, 95 times out of 100.

METRO HALIFAX

News in brief

TOURISM You gotta love us Nova Scotians. Scotland has proclaimed Sept. 9 to 16 as Nova Scotia Week, a provincial government news release said Thursday. Nova Scotia's ties to Scotland go back almost 400 years to Sir William Alexander, who played a role in European

migration to the province. "It's especially fitting in Scotland's International Year of Homecoming to recognize the strong historic, linguistic, and cultural links Nova Scotia shares with that country," Premier Darrell Dexter said.

METRO HALIFAX

Students break out pink T-shirts to fight bullying

AWARENESS Nova Scotia schools were awash in shades of pink Thursday, the second annual Stand Up Against Bullying Day in what is now a worldwide movement that was first sparked by two Annapolis Valley teens who stood up for a classmate.

Former premier Rodney MacDonald officially proclaimed the day in 2007 after Grade 12 students Travis Price and David Shepherd handed out pink T-shirts to their peers at Central Kings Rural High School in Cambridge, Kings County, in support of a new student who had been bullied for wearing the colour.

Stand Up Against Bullying Day is now held on the second Thursday in September every year in Nova Scotia. **METRO HALIFAX**

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Halifax Walk for Suicide Prevention this Sunday
The annual Halifax Walk for Suicide Prevention Day is 1:30 p.m. Sunday at Victoria Park. The walk goes down Spring Garden Road, left onto Barrington to Grand Parade. **METRO HALIFAX**

Settlement approved

\$15M to go to alleged abuse victims of diocese

Seven years after his brother's suicide, Ronald Martin described a lawsuit that resulted in a \$15-million settlement for victims of alleged abuse by Roman Catholic priests as "the fulfillment" of a promise he made to his sibling.



Ronald Martin

Martin sat quietly Thursday in Nova Scotia Supreme Court as Justice David MacAdam heard lawyers explain why a settlement should be certified for the alleged decades-old abuse.

The CBC reported late in the day that MacAdam approved a \$15-million settlement that includes \$12 million in damages, about \$400,000 to counselling fees, and the remainder to legal and administrative costs.

Up to 70 people may receive a share of the money from the diocese of Antigonish for abuse that allegedly occurred since Jan. 1, 1950. Claimants would go before retired justice Walter Goodfellow for adjudication of their claims.

For Martin, the lawsuit completes a heartrending process that began in 2002, when he viewed his brother David's dead body and read his suicide note describing the alleged abuse.

The suicide note named Hugh Vincent MacDonald, a priest, as the abuser, a revelation that Ronald said "nearly destroyed" him as it

brought painful memories flooding back.

"As a child I suffered abuse, and on many occasions contemplated suicide myself because it's something so awful and so deeply rooted that you think there's no other way to get rid of this," he said.

MacDonald was charged with multiple sex-related offences in 2003, but died a year later before the court process concluded.

The class-action lawsuit also involves allegations of abuse by four other priests, three of whom have been convicted of multiple counts of sexual assault against children in the care of the diocese. Allegations made in the class action have not been proven in court. **THE CANADIAN PRESS**

Unveiling **For the boys**



Khalil Francis, 11, reacts to the unveiling of the sign for the Fountain Academy of the Sacred Heart on Spring Garden Road during a ceremony on Thursday. Fountain Academy of the Sacred Heart is the only all-boys high school east of Montreal.

Police close arson case without laying charges

BLAZE Halifax Regional Police said Thursday they have closed their case on what they call an arson when flames and smoke devastated the Spryfield region last spring.

The house at 36 Aarons Way in Fergusons Cove received "extensive damage on the interior of the residence, but the surrounding forest fire did not reach the house," HRP spokesman Const. Brian Palmetter said of the suspicious blaze back in May.

The house wasn't destroyed, although eight did burn down during the for-

est fire that lasted several days.

"As a result of our investigation, officers were unable to determine who started the fire and closed the file without charges," a police release said Thursday. "The incident is now considered a civil matter."

Police were called in a day after the forest fire began when fire officials determined the blaze in the home was suspicious.

Police say the arson is believed to have occurred during the evacuation process of the forest fire.

METRO HALIFAX

Anti-sealing activists fined

COURT Two animal rights activists who endangered the lives of sealers out on the ice floes last year were fined a total of more than \$40,000 for twice coming within the legal limit of Canada's annual East Coast seal hunt.

Sea Shepherd Conservation Society members Peter Hammarstedt and Alexander Cornelissen were not present in Nova Scotia provincial court Thursday, nor were they represented by any legal counsel. They were each found guilty in July of two counts of coming within one-half nautical mile (926 metres) of the seal hunt. **CAPE BRETON POST**

Ghost hunter dies in fall

A 29-year-old woman is dead after falling about four storeys while trying to jump across a section of a building in downtown Toronto. Toronto police say the woman was apparently ghost-hunting. **THE CANADIAN PRESS**

5

Canada



Don't expect that big raise

Canadians hoping to get a big boost in their paycheques next year may be somewhat disappointed, a survey of employers by Hewitt Associates suggests. The human resources consulting firm said the average salary increase is projected to be 2.8 per cent nationally in 2010, an increase from 2.2 per cent in 2009, when many companies made major cuts to their salary budgets.

THE CANADIAN PRESS

Ottawa will run deficit to 2015: Flaherty

POLITICS Finance Minister Jim Flaherty says Ottawa will run deficits for two years longer than originally forecast and the country will be in the red at least until 2015.



Jim Flaherty

As well, he said the deficit for this year will be over \$5 billion more than originally thought, moving up to a projected \$55.9 billion from \$50.2 billion.

Flaherty told an audience in Victoria that Canada is showing signs of a fragile economic recovery, but returning to balanced budgets will not be easy. **THE CANADIAN PRESS**

Will the 'real Harper' stand up?

Ignatieff says leaked videotape of PM shows he's two-faced

Stephen Harper's rivals say his behind-closed-door musings about winning a majority, stamping out separatists and socialists, and keeping liberals out of the courts prove he's two-faced.

Liberal Leader Michael Ignatieff says videotaped comments that leaked out publicly Thursday show the true prime minister.

"There have always been two Harpers," Ignatieff told a news conference Thursday.

"The real Harper always comes out when he thinks he can't be heard."

He said the real Harper is disdainful of the social institutions Canadians hold dear, like the justice system, and disrespectful of other political parties.

Ignatieff also scoffed at the closed-door rallying cry for a majority. He said he's toured the country this summer and met jobless Canadians — who would "laugh in your face" if asked whether Harper deserves a majority.

He said it's no longer possible to work with a man so contemptuous of basic Canadian values,

and reiterated his plan to bring down the Conservative government.

"(Harper's) already lost the confidence of the House once," Ignatieff said, referring to the attempted coalition take-down of the Tories last year. "He's about to lose it a second time."

For political reasons, Harper has for years avoided uttering his desire for a majority. But in a pri-

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vate partisan speech that leaked out, he repeatedly discusses his desire to achieve one. In the speech to fellow Tories, Harper also describes how their party has kept leftists from being appointed to public institutions — including the courts.

The general opposition opinion was harsh but the Bloc says it's particularly bothered by the comment about the judiciary.

THE CANADIAN PRESS

Stephen Harper

Flu will peak in fall: Report

Flu Outbreak

MEDICAL Influenza A (H1N1), also known as swine flu, is likely to reach its epidemic peak this fall a full month before Canada has vaccines to prevent it, a major new study shows.

Flu shots

• Canada to get 50 million vaccinations. Indeed, vaccines will come too late to stop H1N1's spread across North America this fall, according to the paper, published Friday in the journal Science. Had a vaccine been available for mass inoculations this month, the virus' spread would have been no worse than a typical seasonal flu outbreak, the paper says.

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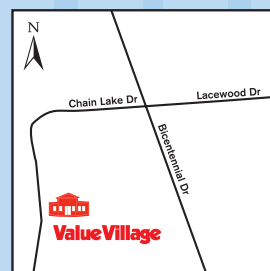
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Harper helps a Tory amid bias controversy

Stephen Harper appointed a former Tory cabinet minister to a senior judicial post Thursday, even as the Conservative prime minister ignited controversy for accusing the courts of a liberal bias.

Pierre Blais, who served as justice minister under former prime minister Brian Mulroney, is the new chief justice of the Federal Court of Appeal.

He replaces John D. Richard, who retired July 30.

Blais was first appointed to the Federal Court in June 1998 by Liberal prime minister Jean Chretien. Harper promoted him to

Iggy's take

• Liberal Leader Michael Ignatieff noted the smuggled video is only Harper's latest attack on the judiciary. Speaking in Montreal on Thursday, he said it betrays the PM's true identity and values. "The independence of the judiciary is the basis of Canadian freedom. If you don't respect that, you don't respect Canadians' freedom," Ignatieff said.

the appeals court last year.

Blais's latest promotion — and the appointment of

a Tory MP's father as a director of a federal board — came amid criticism of remarks Harper made to party loyalists behind closed doors.

In a video of the Sept. 2 meeting in Sault Ste. Marie, Ont., Harper warned of grave consequences if a Liberal government took power, "propped up by the socialists and the separatists."

"That government may not last long but every day it's in office it will do long-term, real damage to this country," Harper told the gathering, which was closed to the media.

THE CANADIAN PRESS

Parliament One last brush up



Cleaning staff prepare the Senate for the return of parliamentarians and senators on Parliament Hill in Ottawa Thursday. Parliament will resume sitting under heavy speculation of a fall election.

Ottawa still needs contract for service of transport planes

MONEY The federal government doesn't yet have a long-term maintenance contract for its new air force transport planes because it's balking at the high costs and arguing about benefits to Canadian industry.

The air force is due to take possession of the first of its new C-130J Hercules aircraft, but without a maintenance deal.

A \$1.4-billion contract for 17 new transports was signed with Lockheed Martin in January 2008. But it did not come with a long-term, in-service support contract, something that's still being negotiated.

THE CANADIAN PRESS

'Squeezing' tundra

CLIMATE Arctic tundra is being gradually squeezed between rocks and a warm place, says a summary of the research conducted by hundreds of scientists during the International Polar Year.

As temperatures continue to rise, an army of shrubs and trees is gradually marching north, bringing with it animals and insects. At the same time, those species which normally inhabit the vast sweeps of the central Arctic have nowhere to go, as their northern boundary is closed by ocean coastlines and the inhospitable, rocky soils of the High Arctic.

"We're going to see those typical tundra communities squeezed into a smaller area," said University of Alberta biologist

"The Arctic as we know it may soon be a thing of the past."

Eric Post, scientist

David Hik, a co-author of the research paper.

"Some species will be able to follow along. But for other species that range over a large area, like caribou, we'll probably see a permanent reduction in their population size and range."

Temperatures across the Arctic are estimated to be increasing two to three times faster than those in the rest of the planet.

"The Arctic as we know it may soon be a thing of the past," said scientist Eric Post of Penn State University. **THE CANADIAN PRESS**

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Czech election off

The Czech constitutional Court ruled Thursday that national elections scheduled for Oct. 9-10 will not take place because the law that allowed them suspended the constitution. **THE ASSOCIATED PRESS**

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World

Heckler congressman feels wrath of Twitter

Earlier this week, Joe Wilson was just another relatively obscure Republican U.S. congressman.

By Thursday, the South Carolina politician had become a cause celebre thanks to two words shouted angrily at Barack Obama during the president's address to Congress: "You lie!"

For Canadians accustomed to the bare-knuckled verbal brawling that goes on during Question Period, the continuing fallout from Wilson's outburst might seem puzzling. But since 1952, American presidents have called together joint sessions of Congress to address major national issues only 15 times. Rarely, if ever, has a president been heckled.

While Democrats booed during two of George W. Bush's addresses, Wilson's shouted allegation that Obama was lying about health-care reform was seen as particularly egregious.

Wilson's startling breach of congressional decorum, in fact, has angered Republicans and Democrats alike.

Arizona Senator John McCain called it "totally disrespectful."

"There is no place for it in that setting, or any other, and he should apologize for



Republican Rep. Joe Wilson, centre, points as U.S. President Barack Obama addresses U.S. Congress on Wednesday.

Just like that

Some social networkers provided information about Rob Miller, a U.S. Marine and Iraq war veteran who is Joe Wilson's political rival in the next mid-term election. By mid-Thursday, Miller's campaign coffers were \$123,000 US richer and still swelling.

it immediately," he said.

Wilson apologized for his outburst late Wednesday night. Obama, for his part, said he accepted Wilson's apology. "I do think that, as I said last night, we have to get to the point where we can have a conversation about big important issues that matter to the American people without vitriol."

Wilson has become an In-

ternet sensation as his name was among the top searches on Google on Thursday. The Twitter and Facebook reaction to his outburst was swift and ruthless. His Wikipedia page was locked Wednesday night after repeated attempts to vandalize it, and his website went offline as countless Twitter and Facebook users posted its URL and the politician's office phone number.

THE CANADIAN PRESS

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Children among missing in capsizing

SIERRA LEONE More than 200 people, including schoolchildren, were missing and feared dead Thursday, a day after a boat capsized at sea, authorities said. Thirty-nine passengers have been rescued so far off the coast of the West African nation, said Naval Lt. Cmdr. Mao Suma, who is in charge of the rescue operation, which will continue at least until Saturday. Search teams have recovered 16 bodies, Suma said, and 213 people are missing and feared dead. "We are not expecting any more survivors because of the turbulence of the sea in the area," Suma said.

THE ASSOCIATED PRESS

Iraqi reporter a shoe-in as a national celebrity

BAGHDAD The Iraqi television reporter who threw his shoes at former U.S. President George W. Bush in one of the more bizarre episodes of the Iraq war might use his new iconic status in Iraq to promote humanitarian causes, his family said.

The reporter, Muntadhar al-Zeidi, is to be released Monday after nine months in prison.

He will be greeted by a nation where many feel his act of protest encapsulated their own bitterness over the war and U.S. occupation.

Bush was unhurt in the incident but had to duck twice in a stunning moment

captured on TV and replayed countless times.

Al-Zeidi, a 30-year-old bachelor who was a virtual unknown working for a minor TV network, now has undeniable star power and is contemplating his future.

"My understanding is that al-Zeidi might quit his work as a journalist because he is sure that he will be turned away or boycotted by government officials," his brother Dargham said.

"Rather, he told me he is interested in working in a humanitarian organization or becoming an activist for women's and orphans' rights."

THE ASSOCIATED PRESS

News in brief

BRITAIN British Prime Minister Gordon Brown on Thursday discussed the release of the Locker-

bie bomber with U.S. President Barack Obama. A spokesman for Brown's office said the prime

minister made it clear it was a matter for the Scottish government.

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A weak El Nino, an abnormal warming of waters in the Pacific, is under way and is expected to strengthen and last into the early months of next year, U.S. government climate researchers said Thursday. **THE ASSOCIATED PRESS**



Jose Flores meets the media after his arrest in Mexico City.

Pastor in 'hijacking' mystery

How did he hide fake bomb? Did '666' spark drama on plane?

How did a Bolivian pastor manage to slip through Cancun Airport security with a fake bomb?

That's what Mexican investigators were trying to figure out Thursday.

They also were evaluating him for mental illness. Jose Flores, 44, pulled out the fake device, which

he later described as a "a juice can ... with some little lights I attached," as the airplane was approaching Mexico City Wednesday.

It sparked an hour-long runway standoff — which ended peacefully when armed police dramatically raided the plane.

The 103 passengers and

"A juice can ... with some little lights I attached."

Jose Flores describes his fake bomb

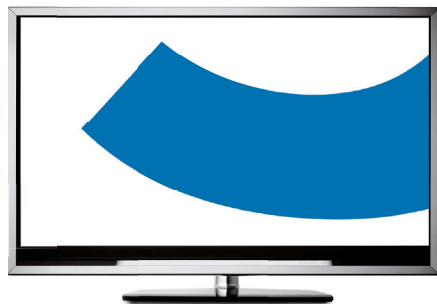
seven crew members escaped unharmed.

Federal prosecutors said Flores may face terrorism charges but is also undergoing mental evaluations.

Flores told authorities Wednesday's date — 9-9-09 — is the satanic number 666 turned upside down.

Flores told reporters: "Christ is coming soon."

THE ASSOCIATED PRESS



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Slovakia soothes its Hungarians

BORDERS The prime ministers of Slovakia and Hungary announced steps Thursday to defuse political tensions between the two countries.

Slovakia was once part of Hungary and is home to 520,000 ethnic Hungarians who complain of discrimination.

Many were outraged by a law that limits the use of Hungarian in public and calls for hefty fines for misusing the Slovak language.

Slovak leader Robert Fico and Hungarian leader Gordon Bajnai said they would accept upcoming recommendations for changes to the law from the Organization for Security and Co-operation in Europe.

Fico insisted the law did not limit the Hungarian

Living together

- About 520,000 ethnic Hungarians live in Slovakia.
- Most live in regions near Hungary.

minority in the use of its native tongue and said private individuals could not be fined for breaking it.

The governments also will seek to set up a special bilateral police commission to deal with extremists in both countries, whose actions they said had contributed to the worsening relations.

"It is not good if we allow artificially inflated emotions to define the relationship between the two countries," Bajnai said.

THE ASSOCIATED PRESS

Women saviours of world: Delegates

WEAKER SEX? Delegates at a conference on violence against women vowed Thursday to put women's rights at the centre of the international agenda.

World peace and security depend on women's leadership in government and society, they said.

U.N. officials, government representatives and activists participating in the two-day meeting approved a final declaration that will be presented to a Group of Eight foreign ministers' meeting later this month in New York.

"Violence against women and children is an

"Women are agents of peace."

Meeting's declaration

unacceptable violation and privation of human rights," the declaration read.

"Women are agents of peace."

The meeting was hosted by Italy, which holds this year's G8 presidency.

It explored rape and domestic violence and included panels on genital mutilation, access to education and violence against young girls.

THE ASSOCIATED PRESS

News in brief

LANGUAGE An official says Turkey's education officials have approved a proposal to teach Kurdish at a Turkish university for the first time. Speaking Kurdish was banned

in Turkey until 1991. But Turkey has allowed Kurdish schools and broadcasts and in January, launched a 24-hour state-run Kurdish television station. **THE ASSOCIATED PRESS**

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Comment

No reason for hush-hush meetings



Stephen Kimber

Urban Compass

On Wednesday, Halifax Regional Council announced the appointment of our first ever auditor general.

Buried in the PR boilerplate was this ironically unintended wiffle ball of wisdom from chief bureaucrat Dan English: Independence and transparency, he de-

clared, are key to enhancing public confidence in the municipal service delivery system.

Huh?

Didn't city fathers couple last winter's motion to hire an auditor general — a new position required by provincial legislation to provide a much-needed public check on municipal spending — with a weasel request to change the city's charter to let it hold secret meetings to discuss any findings the auditor general might make that could have the potential to expose the organiza-

tion to a threat or risk?

Which is to say any findings.

Now that's transparency. Nova Scotia's Municipal Government Act says all council and committee meetings are open to the public except as otherwise provided in this section.

But our council has been busy building its own secrecy superhighway through that supposedly narrow footpath of legislated exceptions.

Commonwealth Games? Secret. The sewage mess? Close your eyes. Hold your

nose. Top secret.

On Tuesday, councillors began their too-routine, closed-door deliberations at 10:30 a.m. Supposedly the meetings are secret, after all they secretly laboured through lunch and many hours more. A full seven hours after they started, councillors finally broke for 45 minutes to refresh themselves and begin their much shorter public meeting.

What did councillors spend so many hours discussing in private?

Some of it we know because they then quietly

passed un-debated motions in public to formally do what they had privately decided already. Like appealing the court decision to award \$81,000 to a Preston man who had to live next to a stinky city sewage treatment for a decade. That, of course, involved legal strategy, so discussing it in camera is a legitimate exception.

But what about the decision to extend the terms of two citizen appointees to the Halifax International Airport Authority Board? Or increase the number of councillors on the advisory

board for the 2011 Federation of Canadian Municipalities conference?

Should those be hush-hush?

And what other public business did councillors discuss privately that we still don't know about? More than we know.

Perhaps it's time our elected officials discussed in public what is reasonable to discuss in private. And what is not.

Stephen Kimber, the Rogers Communications Chair in Journalism at the University of Kings College, is the author of eight books.

Views

Sudanese regime caught with its pants down

GlobalView

Mona Eltahawy

metronews.ca/globalview

Talk about shooting yourself in the foot. The Sudanese regime surely didn't reckon with the phenomenon of Lubna Hussein, the journalist arrested with 12 others in Khartoum in July and charged with "indecent" for wearing trousers in public.

Not only did she refuse the

flogging sentence that 10 women accepted, she went to court to contest the charge, determined to show it has no basis in Islamic teaching.

The entire world was watching when a judge waived the flogging sentence Monday and ordered her to pay a \$200 fine. But Hussein kicked the ball right back at the Khartoum government, refusing to pay the fine and choosing instead to spend a month in jail.

The Sudanese regime picked on the wrong woman. Despite her request to family and friends not to pay the fine on her behalf, the head of the Journalists Union — a member of the

ruling party — paid the fine and Hussein was almost pushed out of prison — TV reports show her looking upset at being told to leave.

She said she didn't want to leave behind the almost 800 women who had no one to pay the fine for them.

Ponder that for a moment — the Sudanese authorities essentially ended up paying a fine for a ridiculous charge that they invented. Forget shooting yourself in the foot — they scored an own goal!

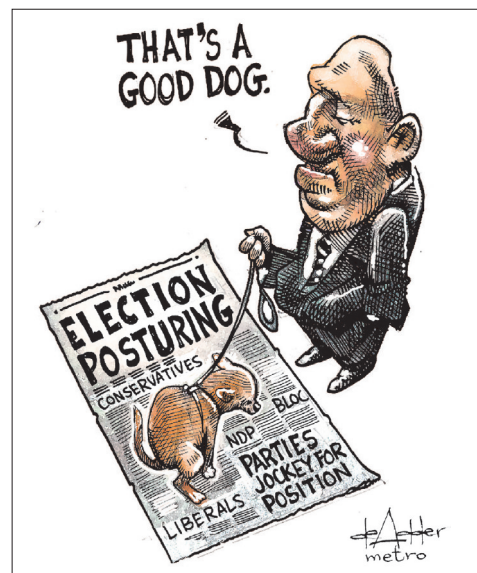
Just before Hussein was released, the UN human rights office said her conviction violated both the bill of rights in Sudan's interim constitution as well as international

human rights treaties ratified by Sudan.

We know what Lubna Hussein did to expose the Sudanese regime's moral bankruptcy. What will the UN, for which Hussein used to work, do? She resigned from that job — which could have provided her immunity — to contest the charges.

It's about time the UN kicked out Sudan and other countries that so egregiously violate women's most basic rights in the name of "decency."

Mona Eltahawy is an award-winning Egyptian-born commentator and public speaker on Arab and Muslim issues. She reported on the Middle East for 10 years before moving to the U.S.



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Sales at Dollarama Group, Canada's largest operator of discount stores, jumped nearly 15 per cent to \$303.4 million in the second quarter from \$264.3 million as consumers sought cheaper goods because of the recession. **THE CANADIAN PRESS**

Dollarama sales up

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Bank upbeat

Says recovery is beating projection

The Canadian economy is bouncing back from the recession stronger than previously believed, despite ongoing worries about the impact of a strong dollar, the Bank of Canada said Thursday, as it left interest rates untouched at the lowest level practicable.

In July, Bank of Canada governor Mark Carney appeared to go out on a limb in declaring the recession over — one of the first to do so — but now the central bank says even Carney underestimated the rebound. "Stimulative monetary and fiscal policies, improved financial conditions, firmer commodity prices, and a rebound in business and consumer confidence are supporting domestic de-

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mand growth in Canada," the bank said in a statement. "Combined with recent information on inventory adjustments and automotive production, this suggests that GDP (gross domestic product) growth in the second half of 2009 could be stronger than the bank projected in July."

Despite the growth, the bank said it will keep its key policy rate at 0.25 per cent until at least next July.

THE CANADIAN PRESS



Fred Irwin, head of the Opel trust, left, and GM's chief negotiator John Smith hold a news conference Thursday in Berlin.

Magna gets stake in Opel

AUTOMAKER General Motors Co. said Thursday that Magna International and Russian lender Sberbank would take a majority stake in Adam Opel GmbH.

Key issues — including agreement from labour unions to cost reductions and a financing package from the German government — remain to be finalized, GM said.

Magna and Sberbank will purchase a 55 per cent stake and GM will hold 35 per cent. The remaining 10 per cent will go to workers.

Magna, headed by Canadian Frank Stronach, hopes to use the Opel deal and an alliance with Russian carmaker Gaz to boost shipments of vehicles and parts from Europe to Russia, which could soon become Europe's largest car market, surpassing Germany.

THE ASSOCIATED PRESS

In brief

GM General Motors Co. says it will allow new car buyers to return their vehicles within two months of purchasing them for a full refund if they're not satisfied. The program is part of a sweeping, new marketing campaign, called "May the Best Car Win." It wasn't immediately known if the program would apply to Canadian vehicles.

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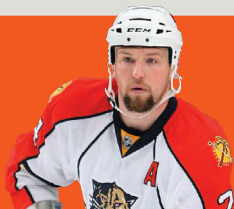
Carquest tour wrapping up season

The Parts for Trucks 200 runs Saturday at Scotia Speedworld just outside Halifax. It's the final race of the Carquest Pro Stock Tour season, with Enfield's Shawn Turple holding a 19-point lead over Timberlea's Wayne Smith in the series standings. **METRO HALIFAX**

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Sports

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA



Panthers in Port Hawkesbury

Bryan McCabe, left, and the Florida Panthers open NHL training camp in Port Hawkesbury on Sunday. Camp concludes next Tuesday at the Metro Centre in Halifax with an NHL pre-season game against the Ottawa Senators at 7 p.m.

METRO HALIFAX

Herd get early taste of tough division

MATTHEW WUEST

matthew.wuest@metronews.ca

The Halifax Mooseheads will get a taste of things to come against two Atlantic Division rivals this weekend.

The young, rebuilding Mooseheads, who open the QMJHL season on the road Friday against the Cape Breton Screaming Eagles and Sunday against the P.E.I. Rocket, are in the middle of what should be a hotly contested division that also features the Moncton Wildcats and Saint John Sea Dogs.

All four opponents could be among the league's elite. The Mooseheads play 32 of their 68 games against those teams, a substantial



Clarke

obstacle in their playoff bid.

"They're all going to have good teams and they've all been building these teams for awhile," said Mooseheads head coach and general manager Cam Russell. "It's going to be challenging. It will be a good test for all of our players."

The Mooseheads missed the playoffs last season in part because of their inability to beat Atlantic Division foes. They lost 22 of 24 games against Moncton, P.E.I. and Cape Breton.

Helping the Mooseheads' cause this weekend is the fact that the Screaming Eagles and Rocket will be shorthanded because players are away at NHL training camps.

The Mooseheads will be without leading scorer Tomas Knotek, who is trying out with the Minnesota Wild. Defenceman Garrett Clarke (groin) and forward Gerrard Grant (wrist) are injured. Rookie defenceman Konrad Abeltshauser was cleared to play after suffering a suspected concussion last Friday.

Playoffs a possibility?

A look at the Mooseheads' outlook for this season

MATTHEW WUEST

matthew.wuest@metronews.ca

The Halifax Mooseheads are a new-look team — but whether they'll be improved is up for debate.

With eight rookies among 13 newcomers joining a squad that finished last in the Quebec Major Junior Hockey League in 2008-09, the rebuilding Mooseheads have plenty of questions to answer before they can crawl out of the basement.

FORWARD: The Mooseheads will go as far as Yuri Cheremetiev and Tomas Knotek take them. The duo tied for the team lead in scoring last season with 49 points and could make a substantial leap forward if they can overcome tough checking attention.

"We've both been in the league a number of years," Cheremetiev said. "We know what to expect, and the more pressure they put on us, the better I think we're going to play."

Secondary offence will also be a key. Gabriel Desjardins, still only 16, is the best bet to step up, but someone from the group of veterans Linden Bahm, Matthew Stoddard and Travis Randell and sophomores Jessyko Bernard, Gerrard Grant and Charles Bety has to emerge as a legitimate scoring option.

Rookie Brent Andrews, a first-round pick in June, led the team in pre-season scoring and is an impact player.

DEFENCE: Veterans Pascal Amyot and Alexandre Brunet are going to log a ton of ice time and need to be steady.

That's because there are four 17-year-olds on the back line: Konrad Abeltshauser, Stephen Gillard, Garrett Clarke and Sawyer



Veteran blue-liner Pascal Amyot is expected to get a lot of ice time for the Mooseheads.

Captain question

• Tomas Knotek and Pascal Amyot are the frontrunners for the Halifax Mooseheads' captaincy.

Mooseheads head coach and general manager Cam Russell said Thursday the 19-year-olds are "the top two guys we would look at," but said the decision won't be

Hannay. The foursome has tremendous upside but will have its hands full against contending teams. "Hopefully, we can base this team on defence, keep our mistakes to a minimum, and have success,"

made until Knotek returns from a tryout with the Minnesota Wild.

Knotek, a skilled forward from the Czech Republic, was last year's co-leading scorer and MVP. Amyot, acquired midway through last season, will be a top-pairing defenceman.

Hannay said.

GOAL: Gargantuan Mathieu Corbeil is about to turn 18 and will start, but is unproven and still learning the ropes. Rookie Joel Grondin, 17, will be there to push Corbeil if

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he falters.

OUTLOOK: Wins will probably be hard to come by once again, but the Mooseheads are younger and hope to be more entertaining along the way. The playoffs are a reasonable target.

"There's only one way to go," Cheremetiev said, "and that's up."

Dry, Canadians finally meet for championship

MATTHEW WUEST

matthew.wuest@metronews.ca

The Halifax Pelham Molson Canadians and Dartmouth Moosehead Dry have been waiting 19 years for this.

The two clubs go head-to-head in the championship series for the first time in Nova Scotia Senior Baseball League history starting Friday at 7:30 p.m. at Beazley Field.

Dartmouth has been around since 1990 and appeared in 17 finals, none against Halifax. The Canadians have been to two finals in that stretch, both against the Kentville Wildcats.

"It's a great rivalry," said Dry third-baseman Joel Irvine. "They're an up-and-coming team and we're a team with a lot of guys who've been around for a lot of years."

"It's going to be a tough series ... It's going to be a long series ... But we're looking forward to it."

Dartmouth, which captured five straight titles from 2003 to 2007, won the regular-season crown with a 17-7 record. Halifax, the defending champion, finished two games back at 16-8. The teams split the head-to-head season series.

The young Canadians can officially complete the "changing of the guard" by beating the veteran powerhouse Dry, who didn't even advance to the league final last season.

"We're eager to get back and prove last year was an off year," Irvine said. "We're back and ready to go."

Game 2 is Saturday at 2 p.m. at Mainland Common.

SCOREBOARD

QMJHL

THURSDAY'S RESULTS

Drummondville 8 Val d'Or 4
FRIDAY'S GAMES
Val d'Or at Shawinigan, 4 p.m.
Halifax at Cape Breton, 7 p.m.
MONCTON AT P.E.I., 7 P.M.
Rouyn-Noranda at Victoriaville, 7 p.m.
Gatineau at Baie-Comeau, 7:30 p.m.
Saint John at Acadie-Bathurst, 7:30 p.m.
Levi's at Chicoutimi, 7:30 p.m.
Quebec at Rimouski, 7:30 p.m.

SATURDAY'S GAME

Montreal at Shawinigan, 7:30 p.m.
SUNDAY'S GAMES
Levi's at Quebec, 2 p.m.
Chicoutimi at Baie-Comeau, 4 p.m.
Moncton at Acadie-Bathurst, 4 p.m.
Saint John at Cape Breton, 4 p.m.
Rouyn-Noranda at Drummondville, 4 p.m.
HALIFAX AT P.E.I., 4 P.M.
Gatineau at Rimouski, 4 p.m.
Montreal at Victoriaville, 4 p.m.

Former Huskies quarterback suspended over eligibility violation

FOOTBALL Former Saint Mary's Huskies quarterback Patrick Hooey has been suspended for the year for an eligibility violation after transferring to the York Lions in the off-season.

Athletic director Jennifer Myers called it a breakdown in communications between Hooey and head coach Mike McLean, a former



Hooey

Huskies defensive co-ordinator.

Myers said she learned of the situation after receiving correspondence from the CIS national office.

The email revealed that Steve Sarty, director of athletics at Saint Mary's, was the one who blew the whistle.

McLean earned a one-game suspension.

TORSTAR NEWS SERVICE



South African runner a hermaphrodite: Report

World 800-metre champion Caster Semenya of South Africa has male and female sexual organs, the Sydney Morning Herald reported Friday. The Herald said physical examinations of the 18-year-old runner ordered by the IAAF have shown she is technically a hermaphrodite. **THE ASSOCIATED PRESS**

Spruce Meadows unequalled

Field of Play

Scott Russell

metronews.ca/fieldofplay

Of all the outdoor venues for sport in Canada, the International Ring at Spruce Meadows, on the outskirts of Calgary, stands out as a diamond in the rough.

To many it is a revelation. Spruce Meadows is an under-appreciated jewel where, since its opening in 1975, millions of people from around the world have flocked. Experts agree that this venue has few, if any equals on the face of the earth.

The grounds at Spruce Meadows had their beginnings as a cattle feed lot more than 30 years ago, but steadily the place has blossomed into horse heaven and the final word in show jumping. It is the closest thing Canada can claim to baseball's iconic Wrigley Field in Chicago.

Toronto has historic Maple Leaf Gardens and the retractable roof at Rogers Centre. Montreal boasts the most expensive white elephant in the country in the Olympic Stadium. Edmonton's Commonwealth Stadium claims the greatest permanent seating capacity of more than 60,000 as well as real grass.

But Spruce Meadows is

much more impressive.

Comprised of 360 acres including two indoor and six outdoor competition rings, it has stabling for 1,000 horses. The place stages three seasonal tournaments and each year attendance approaches and often exceeds 500,000. The record one-day total in the showcase International Ring is 65,000, recorded last September as the Olympic medallists from Canada returned home to take on their rivals at the Spruce Meadows Masters.

There is an immense clock tower flanked by sprawling grandstands and a giant natural grass bank where families rush to sit on blankets and watch the spectacular horses jump on the immaculate turf. The grass is always groomed to an emerald green in spite of the precocious foothills weather and luxuriates over the space of four full football fields in the shadow of the majestic Rockies.

Spruce Meadows can take your breath away.

There is also a magic goes beyond the competition it fosters. At Spruce Meadows it has always been about accessibility. Admission for the day is five dollars per family and if you don't have the coin they'll let you in free.

All of which makes the International Ring at Spruce Meadows a masterpiece stadium not to be missed.

Scott Russell is the Host of CBC Sports Weekend seen Saturday afternoons. He has covered professional and amateur sports including nine Olympic games and numerous world championships.

Third option for Coyotes

Bankruptcy judge says there may no winner of Friday's auction

It turns out there's a surprise third option available to the judge charged with deciding the fate of the Phoenix Coyotes — and it probably won't be to the liking of either Gary Bettman or Jim Balsillie.

Judge Redfield T. Baum raised the possibility that he might not award the team to either the NHL or Balsillie's company PSE as a two-day auction for the bankrupt franchise began Thursday.

"We'll all have to see what happens."
Gary Bettman

The revelation came early in the proceedings and sent a ripple through the courtroom. Jordan Kroop, a lawyer for former Coyotes majority owner Jerry Moyes, was speaking about the potential bids when he was interrupted by the

judge.

"There is a third opportunity when we're done here — no sale," said Baum.

"Theoretically," Kroop responded.

"I think it's more than theoretical," said Baum. "You all ought to keep that in mind."

The exchange set an uncertain tone to an auction process that most observers believed would end with a new owner for the money-losing franchise. Evidently,

that's no longer a certainty.

"I'm not going to predict (what might happen)," said Bettman. "We all heard him say it, we'll all have to see what happens."

The full-day hearing produced one final surprise just as it was ending, when the NHL's lawyers informed the judge that they don't wish to cross-examine Balsillie on Friday morning. He and the commissioner had each been scheduled to take the stand. **THE CANADIAN PRESS**

NFL Steelers win season opener



Tennessee running back Chris Johnson tries to break through the Pittsburgh defence last night in the NFL season opener. The Pittsburgh Steelers beat the Tennessee Titans 13-10 in overtime. For a complete recap of the game, visit metronews.ca/sports.

Del Potro on to U.S. Open semis

TENNIS Juan Martin del Potro's first match inside Arthur Ashe Stadium produced his second trip to a Grand Slam semifinal.

The sixth-seeded del Potro overcame a sluggish first set on Thursday and figured out the blustery wind inside the cavernous stadium to defeat No. 16 Marin Cilic, 4-6, 6-3, 6-2, 6-1 in the U.S. Open quarter-finals.

"It's so beautiful playing in front of this crowd," del Potro said.

"I'm so happy it happened this way."

Who del Potro's semifinal opponent would be was not immediately known, as the other quarter-final between six-time major champion Rafael Nadal and 2007 Australian Open runner-up Fernando Gonzalez was interrupted by showers. **THE ASSOCIATED PRESS**

Sports in brief

GOLF Two days after being left off the Presidents Cup team, Rory Sabbatini had seven birdies in a round of 5-under 66 to share the lead with Steve Marino in the BMW Championship. Mike Weir of Bright's Grove shot a 1-over 72 while Calgary's Stephen Ames carded a 5-over 76.

TRACK Citing fatigue, the world's fastest man has pulled out of a track meet in South Korea. Usain Bolt's agent told the organizers of the Daegu Pre-Championship Meeting that Bolt is too tired to take part.

BASKETBALL NBA referees are prepared to be locked out for the start of the season after negotiations with the league toward a new contract broke down this week. Referee spokesman Lamell McMorris said Thursday that officials have already made numerous concessions, but the league is still demanding significant cuts.

METRO NEWS SERVICES

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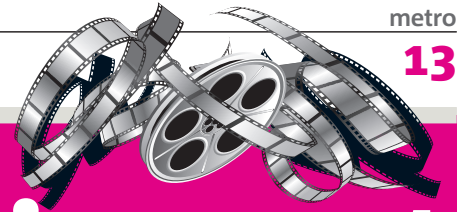
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Visit metronews.ca/movies to get showtimes, watch trailers and read reviews.



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Movies & Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

Movies

Here comes the fun

Pg 14



Drew Barrymore makes her directorial debut with *Whip It*, a comedy about a Texas teen — played by Halifax's Ellen Page — who turns to the rugged world of roller derby. It's just one of a few films in a highly anticipated fall movie season that includes *Amelia Earhart* and *Michael Jackson*.

Movies

Pg 15



Whiteout, Beckinsale leave viewers feeling pretty cold.

Music

Pg 18



Country star Reba's got it all — except for the big head.

Television

Pg 20



VMA host Russell Brand has a warning for Lady Gaga.



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KATE BECKINSALE

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Movies

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Hot films for fall days

STEVE GOW
for Metro Canada



On the web

• For movie trailers, photos and screen times, visit metronews.ca/movies

Autumn is always the most varied movie season of the year.

From chick flicks like Jennifer Aniston's *Love Happens* (Sept. 18) to a Bruce Willis-led thriller called *Surrogates* (Sept. 25) and even fest films like Toronto's opener *Creation* (Sept. 25), the fall provides something for just about anyone.

For that reason, multiplexes provide a great relief for those who need a break from days getting shorter, the prospect of having to rake a lawn covered in leaves or filmgoers who simply crave an escape. Here's Metro's look at some movies you may want to watch out for this fall:

JENNIFER'S BODY (SEPT. 18): Juno-scribe Diablo Cody

penned this horror movie about a demonic, cannibalistic cheerleader (Megan Fox) who eats her way through school — and I'm not talking the cafeteria's meatloaf either.

FAME (SEPT. 25): A re-invention of the 1980 Oscar-winning film that centred on a group of young struggling dancers, this movie will "learn how to fly high" at the box-office.

ZOMBIELAND (OCT. 2): We need another zombie movie like the walking dead need massage therapy but this comedy about a rag-tag group of zombie-



(Above left) Canadian actress Ellen Page, centre, takes on the world of roller derby in *Whip It*; Megan Fox stars in *Jennifer's Body*.

hunters should add a little levity to the genre.

COUPLES RETREAT (OCT. 9): Vince Vaughn leads this laughter about four couples engaged in group therapy at a resort. Now who doesn't like to giggle at dysfunctional marriages when they're not your own?

WHIP IT (OCT. 9): Drew Barrymore makes her directo-

Fall Preview

rial-debut with this comedy about a Texas teen (Ellen Page) that turns to the rugged world of roller derby.

THE ROAD (OCT. 16): This bleak, post-apocalyptic drama starring Viggo Mortensen should perk the interest of the throngs

who've read Cormac McCarthy's popular Pulitzer Prize-winning book.

AMELIA (OCT. 23): Shot in Winnipeg and Halifax, Hilary Swank stars as 1930's aviation pioneer Amelia Earhart whose mysterious disappearance is still unsolved. Oops, I may have just spoiled the ending.

THIS IS IT (OCT. 23): The now infamous film patchworks

the last days of pop star Michael Jackson and his rehearsals for the 50-date concert that was not to be.

DISNEY'S A CHRISTMAS CAROL (NOV. 6): Robert Zemeckis utilizes groundbreaking 3-D animation to re-imagine the Charles Dickens classic that annually announces the beginning of winter and sadly, the end of autumn.



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Movies

★★★★★ A CLASSIC; ★★★★ EXCELLENT; ★★★ GOOD; ★★ FAIR; ★ POOR

Good girls gone blood

"I'd really love to do a period film," she admits.

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Akerman 'sweaty' over Obama

The First Lady better watch out. Swedish-Canadian Watchmen star Malin Akerman has a thing for Barack Obama. "I get sweaty palms when I think about him," she tells Esquire magazine. **POPEATER.COM**

Movies

★★★★ A CLASSIC; ★★★★★ EXCELLENT; ★★★ GOOD; ★★ FAIR; ★ POOR

Who's afraid of frostbite?

InFocus

Richard Crouse



metronews.ca/infocus

Walking down Dundas Street in Toronto on a recent warm September night I was surprised to turn the corner and see a snow bank stretching an entire city block. Fighting the urge to run home and unpack my parka I continued on to discover the snow was only a promotional gimmick for the movie *Whiteout*, a horror film set in Antarctica and opening this weekend. Anyone who has ever lost their mittens on Halifax's Citadel Hill on a chilly January morning



30 Days of Night is one of several horror movies set in polar regions.

knows the terror of hypothermia but filmmakers have often used the cold as a backdrop for horror of a different kind.

Director Larry Fessenden set his global warming horror film *The Last Winter* in frosty Alaska although the film was shot in both Sarah Palin's stomping ground and Iceland.

"Pure white nothingness," one character calls it. "It looks like the last place on earth you want to be, that is, when Mother Nature starts unleashing her evil spirits on the people who want to steal her bounty. Drill for oil, the movie suggests, and the cold will be the least of

your problems.

Based on the 1938 story *Who Goes There* by John W. Campbell, *The Thing* has been directly adapted for the screen twice and it has in part inspired other classics like *Invasion of the Body Snatchers* and *Alien*.

The story in John Carpenter's 1982 version begins with an E.T. who crashlands on Earth and get buried under layers of Antarctic ice. Years later the creature is discovered by modern scientists who also find that it assumes the appearance of the people that it kills.

Finally *30 Days of Night* is a vampire tale set in a town near the Arctic Circle where it goes dark for thirty days a year. It's a cool concept and the wintry remoteness of the town adds a new layer to the usual vampire story.

Richard Crouse's Movie Show can be seen every Sunday at 6:30 p.m. on the E! Channel; mrchaos33@hotmail.com.

Hader, Faris dig into Meatballs voiceover

HEIDI PATALANO
for Metro Canada

FEATURE "My relationship with food is very neutral. We're just friends," says SNL comedian Bill Hader, while doing press for 3-D animated feature *Cloudy With a Chance of Meatballs*.

Hader voices Flint Lockwood, a crackpot inventor who makes it rain cheeseburgers and pea soup for the local citizens of Chewandswallow, who suffered for years with only anchovies to eat.

Though the film, based on a children's storybook of the same name, focuses on the town's growing dilemma of this unstoppable raining food, Hader and co-star Anna Faris say that what they loved most about the film was its celebration of geek-dom.

"It's kind of a cool mo-

ment when you realize that that can be attractive to somebody, that being yourself is kinda good," says Hader. "I remember the first time I met my wife, I went to her apartment and she had Star Wars curtains. I said, 'I am going to marry you.'"

"Bill and I are both geeks," Faris says, before Hader swiftly reminds her to speak for herself. But Faris persists, "I used to wear a Christmas tree skirt as a cape and now I feel cool enough to talk about it."

Doing the animated film was a challenge for both comedic actors, who thought they were in for an easy ride.

"It's the hardest job that I've ever had," says Hader. "It's such a unique challenge to try to channel everything into your voice. You say the same line three times in a row, talk about it and do it again."

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A Special Welcome to Students!

Music

The British obsession

SoundCheck

Alan Cross

metronews.ca/soundcheck

During a frantic 35-hour music mission to the U.K. last weekend, I stole some time to do some record shopping. Everywhere I went, I thought the same thing: God, the British love music.

All the record stores I visited were filled with so many CDs, vinyl records, DVDs, books, magazines and t-shirts that I became disoriented. The line at the HMV check-out snaked around itself three times. Meanwhile, back in the stacks, strangers debated and argued with each other while simultaneously offering recommendations and suggestions.

How can a nation of 60 million people support so

many excellent music magazines? Q, Mojo, Record Collector, Kerrang, Uncut, Word, Classic Rock, the NME — the list goes on.

There are the endless summer festivals (Glastonbury, Leeds, Reading, T in the Park, V-Fest, Bestival, Latitude, Download and more). The BBC remains a powerful and popular musical force. And while they support music made by their own, the British often embrace foreign bands before they find any love at home (Pixies, Nirvana, The Killers, Kings of Leon, Gossip.)

Why are the people of this rainy island in the North Atlantic so passionate about music? Could it be the tradition of the arts that extends back beyond Chaucer? Or maybe as the nation that gave the world The Beatles, The Rolling Stones and Led Zeppelin, the British just get it more than we do.

The Ongoing History Of New Music can be heard on stations across Canada. Read more at ongoinghistory.com and exploremusic.com

Reba's common touch

GRAHAM ROCKINGHAM
for Metro Canada

Reba McEntire is one of the biggest stars in country music. Records, tours, movies, Broadway shows and a popular TV series have made her wealthy beyond most people's imagination.

But she's never lost the common touch that made her so popular.

"As my sister says, 'Reba's just like everybody else,'" McEntire says in an interview from her Nashville home. "She just happens to sing better than a few."

That common touch is felt all over the 13 tracks on *Keep On Loving You*, McEntire's first solo album in six years.

The current hit single, *Consider Me Gone*, is a plain talkin' girl power song with a simple message — treat me right or I'm outta here.

There's also *Eight Crazy Hours* (In the Story of Love)



Reba McEntire is set to perform Sunday night at the Canadian Country Music Awards from GM Place in Vancouver.

about a mom escaping to a cheap motel for a day to get away from an impending nervous breakdown.

"She can't cope with it anymore," McEntire, a native of Oklahoma, explains.

"So she goes away by herself, deals with it and comes back, picks up a bucket of chicken, the kids from school and she's back at home ... I think everyone has those kind of

days."

McEntire is now 54 (a rare co-write on the album is called *She's Turning 50 Today*), her son is 19 and off to college, and she's raring to get back on the touring circuit again.

She's starting off gently, with an appearance Sunday night on Canadian Country Music Awards, broadcast live from Vancouver's GM Place.

CCMAs

When: Sunday night on CBC
Host: Jason Priestley

"Canada has always been very very good to me since the early '80s when we started touring up there," McEntire says.

In the new year, it's back to the big arenas, places McEntire ruled during the '80s and '90s.

McEntire admits that's a place she hasn't been for a while. Her career has been dominated most of the past few years by her successful TV sitcom, *Reba*, which ran for six seasons before being suddenly cancelled in 2007. McEntire, who never trained as an actor, says she's hoping for another shot at TV.

"It's on reruns four times a day seven days a week," she says about her show. "So a lot of people don't even know that we stopped filming."

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the **Bay**

Ellen DeGeneres is already receiving a rave review from the judges' panel at America's Got Talent after the announcement she'd be Paula Abdul's replacement on American Idol. **PEOPLE.COM**

Television



Comedian/actor Russell Brand hosts the MTV Video Music Awards once again this year. Performers include Lady Gaga and Jay-Z.

Brand humour is back

Controversial comedian set to host MTV's VMAs again

KEITH CARMAN
for Metro Canada

"I didn't think I'd do it after last year but I am," shrugs lascivious comedian, actor and self-proclaimed S&M Willy Wonka Russell Brand regarding his hosting of this year's MTV Video Mu-

sic Awards (VMAs), airing live from New York's Radio City Music Hall this Sunday.

"(The producers) did say straight after, 'Do you want to do it next year,' and I went, 'Yeah, alright. I sort of agreed immediately after.'"

Brand's reappearance as VMAs master of cere-

monies is a shock not only to the masses but to the 34-year-old Brit himself. While overseeing the event last year, his controversial quips about the likes of then-president George W. Bush, Britney Spears and cherubic musicians The Jonas Brothers garnered everything from guffaws to dropped jaws and even death threats.

Regardless, ratings shot up like a rocket. The vaguely familiar comic became an instant hit for both his humour and ability to wrangle 'em in via lambasting key Americana figures and causing quite the embroilment.

"It doesn't take much, does it? Bloody hell," he grunts. "I was saying things that were completely daft. There were some good

things in there too but it's all just jokes. I'm only mucking about. These are not serious views; I'm not trying to push this through Parliament. But this year, they haven't said anything is taboo...just the usual stuff like not getting people to march onto the street and overthrow the government or promote Communism."

Brand's presence this year is already causing a whirlwind of activity. Who will he jab? Where will he stop? At that, while last year's roster of VMA talent and presenters seemed loaded with prime targets for one-offs, this event proves to be a barrel full of fish for a comic of his disposition: performances by the likes of Jay-Z, Lady Gaga, Beyoncé, Green Day and Pink as well as awards presentations by Katy Perry, Ne-Yo, Nelly Furtado and Chace Crawford beg for more of his handy wit. So, who exactly is Brand looking to poke fun at?

"If you drop the words 'fun' and 'at,' then Lady Gaga," he admits. "I've got more than words for her. I'm rather interested in that individual. Overall though, it doesn't do to get negative about people. It ends up making you feel bad. I just think: 'They're all just people who were born and they're gonna die. So just be nice to 'em.'"

Call it the Brand adaptation of the ages old stage fright cure: viewing your audience as in their underwear?

"Yeah. See them as babies. Then...corpses."

Still, Brand admits that while the VMAs are responsible for his higher profile in North America, this second engagement will most likely be his last as he refocuses/returns on his stand-up comedy and feature film work.

The VMAs will air on MuchMusic this Sunday night

HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
31	31	31	ABC	News Center	ABC News	Inside Edition	Chronicle	Supernanny		Ugly Betty (HDTV)		20/20
7	7	7	ASN	The Road to Avonlea		Degrassi: TNG	TMZ (N)	Supernanny		Funniest Home Videos		Comedy Now
11	11	11	CBC	Wheel-For-Tune	Jeopardy!	Diverted (2009, Docudrama)	Shawn Ashmore. (DVS)			CBC News: The National (N)		The Hour
32	32	32	CBS	WBZ News (N)	Evening News	Patriots All Access		Ghost Whisperer		Medium (HDTV)		NUMB3RS
6	6	6	CHIF	Entertainment	ET Canada	Currents: Warrior Boyz		NUMB3RS (HDTV)		Glee "Showmance"		News Final (N)
9	9	9	CJCH	etalk	Hollywood	Defying Gravity (N)		Ghost Whisperer		Medium (HDTV)		CTV News
36	36	36	FOX	Seinfeld	The Simpsons	Two/Half Men	Two/Half Men	Smarter Than a 5th Grader?		Glee "Showmance"		Fox First
12	12	12	NBC	News	NBC News	Hollywood	Extra (N)	Southland "Derailed"		Dateline NBC		
55	55	55	SCOR	Morency	Covers	Pokerstars Caribbean Adv.		WWE SmackDown!				MMA Night
53	53	53	TSN	Off the Record	SportsCentre	CFL Football Hamilton Tiger-Cats at Toronto Argonauts		(HDTV) (Live)				CFL Football
16	16	16	A&E	CSI: Miami "Kill Zone"		Criminal Minds (HDTV)		Criminal Minds (HDTV)		Criminal Minds (HDTV)		Criminal
70	70	70	APTN	APTN News	APTN InFocus	Fish Out of	Blessings	Cashing In	Rabbit Fall	Indecent Proposal *** (1993, Drama)		
37	37	37	BRVO	Wind at My Back		True Story-Dominic Dunne		Bravol Fact	Manitowapow	Crusoe *** (1988, Adventure)		
49	49	49	COM	Just for Laughs		Air Force	22 Minutes	Corner Gas	Corner Gas	The Simpsons	South Park	Com-Presents
18	18	18	CNN	Situation Room-Wolf Blitz		Lou Dobbs Tonight		Campbell Brown (N)		Larry King Live (N)		Cooper 360
38	38	38	DISC	How It's Made	How It's Made	Daily Planet (N)		Dirty Jobs		Man vs. Wild "Everglades"		Hunt Mad
48	48	48	HGTV	Holmes on Homes		House	Property	House	Extreme	Ext Living	Location, Loc.	House
46	46	46	HIST	Go Deep In Istanbul		History Bites: Filthy Rich		Cold Blood "Disturbed" (N)		The 9/11 Conspiracy: Fact or Fiction		
17	17	17	MM	Love Court (N)	My Date	One Tree Hill		The Vampire Diaries		Jay-Z Live: Answer the Call		
206	206	206	PIX	(6:15) McLintock! (1963, Western)		(8:25) Betrayed (2003, Suspense)		Barbershop ** (2002, Comedy)		Kenny-Spenny	Kenny-Spenny	Trailer Park
39	39	39	SHOW	Trailer Park	Trailer Park	The Outer Limits		Howie Do It		Til Debt-Part	Til Debt-Part	Til Debt-Part
40	40	40	SLICE	Vanity Insanity		Rich Poor	Rich Poor	Til Debt-Part		Til Debt-Part		Til Debt-Part
21	21	21	TLC	Dress	Dress	Dress	Dress	Dress	Dress	Dress	Dress	Making Over
22	22	22	W	House-Sell	Style by Jury	Old Christine	Friends	Medium		Kiss the Girls ** (1997, Suspense)		
27	27	27	YTV	The Next Star Duets		iCarly		iCarly "Go to Japan"		Sorry		Family Biz

HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
31	31	31	ABC	College Football		Countdown	NASCAR Racing Sprint Cup - Chevy Rock & Roll 400. (HDTV) (Live)			Running: Terry Fox		Whistler
7	7	7	ASN	The Road to Avonlea		Heaven's Fury (2003, Action)	Joanna Pacula. (DVS)					
11	11	11	CBC	National	Marketplace	The Nature of Things		Equestrian BMO Nations Cup.				
32	32	32	CBS	WBZ News (N)	CBS News	Feed the Children		U.S. Open Tennis Women's Final. (HDTV) (Live)		48 Hr. Mystery		
6	6	6	CHIF	Doc		Mental		Absolution (2006, Drama)	Samantha Mathis. Premiere.	News Final (N)		
9	9	9	CJCH	W-FIVE-S&M: Short & Male		The Vampire Diaries		Law & Order: SVU		Law & Order (HDTV)		CTV News
36	36	36	FOX	MLB Baseball		Seinfeld	Seinfeld	Cops (N)	Cops (N)	America's Most Wanted		Fox First
12	12	12	NBC	News	NBC News	Access Hollywood (N)		Law & Order: Criminal Intent		Law & Order (HDTV)		Law/Ord SVU
55	55	55	TSN	MMA Show	Footy Show	WWE Vintage Collection		College Football USC at Ohio State. (Live)				
53	53	53	SCOR	SportsCentre		NASCAR Racing Sprint Cup - Chevy Rock & Roll 400. (HDTV) (Live)						
16	16	16	A&E	CSI: Miami "Rampage"		CSI: Miami (HDTV)		CSI: Miami (HDTV)		CSI: Miami "Rush"		CSI: Miami
70	70	70	APTN	Wings-Canada	Living, Dream	MYTV	Aboriginal Day	When the Music Speaks		The Untouchables (1987, Crime Drama)		
37	37	37	BRVO	Arts & Minds	Bravo/Videos	Spectacle: Elvis		Star Portraits	Books-Film	Kate & Leopold *** (2001)		
49	49	49	COM	VIP	Bel Your Ass	Comedy Now (DVS)		Corner Gas	House Party	The Simpsons	South Park	Comedy
18	18	18	CNN	Situation Room-Wolf Blitz		Newsroom		Campbell Brown		Larry King Live		Newsroom
38	38	38	DISC	Cash Cab	How It's Made	Cash Cab (N)	Cash Cab	Destroyed	Destroyed	Dirty Jobs "Mike's Day Off"		Destroyed
48	48	48	HGTV	Holmes on Homes		Colin & Justin's Home Heist		SarahCottage	HGTV's Top	HGTV Showdown		Makeover
46	46	46	HIST	Re-Inventors	Re-Inventors	Ultimate Engineering		Cities of the Underworld		Behind Enemy Lines (2001, Action)		
17	17	17	MM	The Vampire Diaries		Raising Helen ** (2004, Comedy-Drama)		Jay-Z Live: Answer the Call		Beauty Shop ** (2005, Comedy)		
206	206	206	PIX	(6) The Chase (1966)		(8:15) Blood Simple *** (1984, Crime Drama)						
39	39	39	SHOW	Trailer Park	About a Girl	The Guard (HDTV)		A Decent Proposal (2007, Drama)		Jessica Tuck.		Fantastic Four
40	40	40	SLICE	Til Debt-Part	Til Debt-Part	Real Housewives of Jersey		Real Housewives-Atlanta		Real Housewives NYC		Runway
21	21	21	TLC	Little Couple	Little Couple	Little Couple	Little Couple	Little Couple	Little Couple	Ultimate Cake Off		Moving Up (N)
22	22	22	W	Hwd 10 Best		Two Weeks Notice ** (2002, Romance-Comedy)	Sandra Bullock.			The Lake House ** (2006, Romance)		
27	27	27	YTV	Kid vs. Kat	League-Evil	Prank Patrol	Prank Patrol	Funniest Home Videos		Smallville		Survive This

HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
31	31	31	ABC	News Center	ABC News	Funniest Home Videos		Extreme Makeover: Home		Shark Tank (N)		Defy-Gravity
7	7	7	ASN	Smallville		Funniest Home Videos		Monk		Grey's Anatomy (HDTV)		
11	11	11	CBC	Heartland (DVS)		Canadian Country Music Awards		(HDTV) (N)		National	Politicians	Doctor Who
32	32	32	CBS	U.S. Open Tennis		60 Minutes (HDTV)		(9:01) Big Brother 11		Neighborhood		Neighborhood
6	6	6	CHIF	16:9 Picture	King of Hill	The Simpsons	Family Guy	2009 Canada's Walk of Fame (N)				Big Brother 11
9	9	9	CJCH	Gary Unnarr	Gary Unnarr	The Good Times Are Killing Me (2009, Drama)	(DVS)			Criminal Minds		CTV News
36	36	36	FOX	NFL Football: Redskins at Giants		The OT		King of the Hill (N)		Family Guy	American Dad	Fox First
12	12	12	NBC	News	NBC News	Football Night in America		(9:15) NFL Football Chicago Bears at Green Bay Packers.				
55	55	55	SCOR	(N) NFL Blitz		The WWE Experience		MMA Fight Night				Pokerstars
53	53	53	TSN	CFL Football		Football Night in America		(9:15) NFL Football Chicago Bears at Green Bay Packers.				
16	16	16	A&E	CSI: Miami (HDTV)		CSI: Miami "Shattered"		Criminal Minds (HDTV)		Criminal Minds (HDTV)		Criminal
70	70	70	APTN	Canadian Geographic		Aboriginal Day	Living, Dream	Arbor Live		American Outlaws * (2001, Western)		
37	37	37	BRVO	Spectacle: Elvis		Arts & Minds	Bravo! Fact	Chasing Wild Horses		The Girl Next Door ** (2004)		
49	49	49	COM	VIP	22 Minutes	Laughs	Laughs	Comedy Now	Comedy Now	The Simpsons	South Park	Comedy
18	18	18	CNN	Newsroom		Newsroom		Campbell Brown		Larry King Live		Newsroom
38	38	38	DISC	Cash Cab	How It's Made	MythBusters		Are We Alone? (N)				MythBusters
48	48	48	HGTV	Holmes in New Orleans		House	House	My First Place	Buy Me	Extreme Makeover: Home		Hide Potential
46	46	46	HIST	Ice Road Truckers		Ancient Discoveries		Secrets of the Freemasons		Battlefield Quebec: Wolfe and Montcalm (N)		
17	17	17	MM	Dance	Dance	America's Best Dance Crew		Music Awards Red Carpet		2009 MTV Video Music Awards (Live)		
206	206	206	PIX	(6:20) Hair *** (1979, Musical)		Legend ** (1985, Fantasy)	Mia Sara	Lethal Weapon 2 *** (1989, Action)				
39	39	39	SHOW	NCIS		ReGenesis (HDTV)		The Unquiet (2007, Suspense)	Cara Buono.			Weeds
40	40	40	SLICE	X-Weighted "Valencia"		My Wardrobe	My Wardrobe	Re-Vamped		2009 Canada's Walk of Fame (N)		
21	21	21	TLC	Untold Stories of the E.R.		Incredibly Small		Growing Up Tiny: Kenadie		Marlie's New Face		Child Frozen
22	22	22	W	Lake House	Hwd 10 Best	10 Years Younger-Challenge		A Very Merry Daughter of the Bride	(2008, Comedy-Drama)	Good Witch		
27	27	27	YTV	Gym Teacher: The Movie (2008, Comedy)				OddParents	H2O, Just Add	In Real Life		Survive This



For September 10th

David Guetta FT Akon - Sexy Chick

Taylor Swift - You Belong With Me

Faber Drive - G-get Up And Dance

Jason Derulo - Whatcha Say

3OH!3 Ft Katy Perry - Starstruck

Black Eyed Peas - Meet Me Halfway

Miley Cyrus - Party In The USA

Jay Sean Ft Lil Wayne - Down

Justin Bieber - One Time

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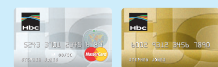
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Fight Club star Edward Norton is set to guest in a November episode of Modern Family, TVGuide.com has confirmed. Family follows three sections of a semi-dysfunctional but loving family just trying to get through life. **TVGUIDE.COM**

Norton guest stars

Television



Actors Justin Kirk and Mary-Louise Parker star in *Weeds*, the Showcase TV series about the misadventures of a suburban mom-turned-pot-dealer, now in its fifth season.

Weeds takes a dangerous path

Justin Kirks discusses season five of the pot-dealing drama-comedy

IAN JOHNSTON
for Metro Canada

Playing a pot dealer on TV, you assume Justin Kirk must frequently get asked his opinion on the social and political issues of the marijuana debate.

Well, not really...
"Oh it comes up," laughs Kirk, who plays Andy Botwin on *Weeds*, which begins its fifth season on Showcase on Sunday.

"But the discussion goes more like — hey man, wanna smoke? Yes, I'll smoke with you."

Not that the quirky *Weeds* takes its title topic completely lightly. The

show — which focuses on the misadventures of suburban mom-turned-dealer Nancy (Mary-Louise Parker) and her extended family — never quite gets away from the darker ramifications of the dope business.

Though its central characters are pretty likable, their experiences in the weed business are not always positive.

"Well, it's not a public service announcement," says Kirk who, besides *Weeds*, is best known for his work on the epic play-turned-miniseries *Angels in America*.

"So there's no real position (on marijuana). I think when you start with

my character and Kevin Nealon (as perennially-wasted neighbor Doug Wilson), how positive can it be? But it's a great place to start off from."

Kirk says the new season will take the show on a much more dangerous path as a pregnant Nancy finds herself involved with ruthless Tijuana mayor/drug lord Reyes (Demian Bichir), who also happens to be the father of her child. Reyes can't quite decide if, or when, he should kill Nancy.

"We're going way beyond where we've been. We're going from selling

dime bags to getting involved with a very dangerous drug kingpin."

Kirk's Andy character also gets his own romantic storyline in season five, as he launches a relationship with Nancy's flighty sister Jill, played by movie actress Jennifer Jason Leigh (*Fast Times at Ridgemont High*, *Single White Female*).

"Which is super cool," says Kirk, who actually approached Leigh's agent about her appearing on the show. "I'm living every guy's teenage dream. Well, '80s teenage dream. She (Leigh) even endured my *Fast Times* references."

The fifth season of Weeds begins Sunday night on Showcase

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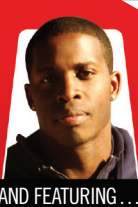


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Entertainment in brief

FINALISTS A contorting break-dancer from Oregon, an opera singer from Texas, a percussive quartet from New Hampshire, a baritone singer from California and a singer-guitarist from Maryland round out the final slate of competitors on *America's Got Talent*. Five other acts were dismissed from the NBC talent show during Wednesday's episode. Judges Piers Morgan, Sharon Osbourne

and David Hasselhoff forfeited their "judges' pick" after breaking the rules last week. The three failed to choose between the fourth- and fifth-place finalists and allowed both to proceed. All 10 finalists are vying for a \$1 million prize and the chance to headline a Las Vegas show in October. They will each offer their final performances on Monday's episode. **THE ASSOCIATED PRESS**

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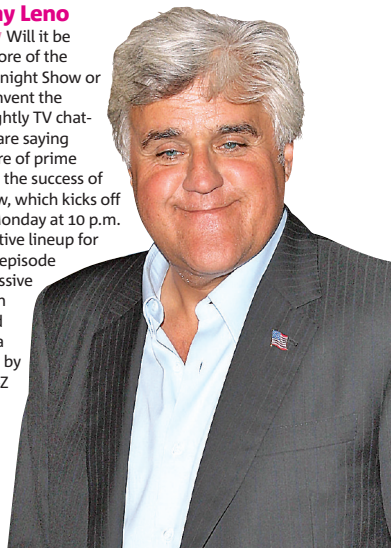
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Mayer not with Hills star

John Mayer wants to stress that he hasn't hooked up with Hills hottie Kristin Cavallari. In a series of silly Twitter posts, the singer, 31, debunked Internet gossip. USMAGAZINE.COM

Going Out**Metro's 7th Heaven:** Metro taps what's hot right now

1 Jay Leno
TV Will it be more of the Tonight Show or will Leno reinvent the wheel for nightly TV chatter? Pundits are saying that the future of prime time rests on the success of the new show, which kicks off on NBC on Monday at 10 p.m. ET. The tentative lineup for the opening episode seems impressive — a chat with Jerry Seinfeld followed by a performance by Rihanna, Jay-Z and Kanye West.



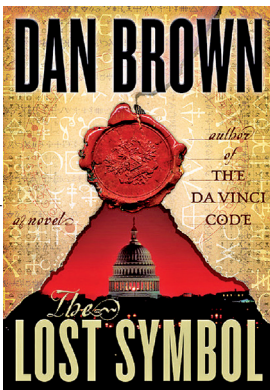
2 The 2009 MTV Video Music Awards
SHOW MTV is no longer the arbiter of culture it used to be but you can count on the music/reality show channel to put up quite the spectacle. British funnyman Russell Brand returns as host and Janet Jackson is scheduled to open the show with a tribute to his departed brother. Viewers will also get a first peek at the trailer for the Michael Jackson documentary This Is It. The Awards airs Sunday on MuchMusic at 9 p.m. ET.

3 Mi Plan: Nelly Furtado
ALBUM Her plan worked all right. The Portuguese-Canadian songstress not only pulled off an entire album in Spanish but made history last week when she became the first North American artist to land a No. 1 spot on the Latin pop charts with an original Spanish song — Manos Al Aire. Mi Plan's out Tuesday.



4 Monsters of Folk
BAND You could call them the new CSNY. Indie stalwarts M. Ward, Jim James (of My Morning Jacket), Conor Oberst (of Bright Eyes) and Mike Mogis have joined forces and are getting ready to launch a tour and their first album. Hipster hysteria, fanned by a series of teaser videos, has already reached fever pitch.

5 The Lost Symbol: Dan Brown
BOOK Literary blockbusters don't get bigger than this. Brown's fifth novel will touch down bookstores Tuesday and we can already hear the rumble of cash registers. Advance orders have made it a top seller on many booklists, backed by a Twitter campaign that pumped out clues and trivia about the author of The Da Vinci Code.



6 America's Got Talent Finalists
PEOPLE It's down to the last five: A contorting breakdancer from Oregon, an opera singer from Texas, a percussive quartet from New Hampshire, a baritone singer from California and a singer-guitarist from Maryland. Each of them will offer their final performances on Monday's episode and their fate will be decided on Wednesday's season finale in the presence of none other than Susan Boyle.

7 iTunes LP
TECH For those who lament the death of the album in the MP3 era, there's good news ... well, sort of. Apple's music download site will now have a new LP feature, which will allow people to access liner notes, artwork, lyrics and other music paraphernalia when they purchase an entire album.

Mix of Six**Snoop Dogg**

When: Sunday, 8 p.m.

Where: Halifax Metro Centre

The legendary rapper, producer and actor will return to Halifax for a performance in 2008 release Ego Trippin, with his band Snoopadelics. Tickets are \$54.50 and \$44.50.

19th annual Halifax Fringe Festival

When: Through Sunday

Where: Six venues across Halifax

This popular theatre festival features a total of 29 shows, with the 11-day event wrapping up this weekend. For a complete list of shows and times, visit atlanticfringe.ca.

Cole Harbour Harvest Festival

When: Friday and Saturday

Where: Cole Harbour Place

This two-day event includes a youth band concert, farmers market, health fair, entertainment and other family activities. For more information visit coleharbour.org.

Parts For Trucks 200

When: Saturday, 6 p.m.

Where: Scotia Speedworld

This is the final race of the Carquest Maritime Pro Stock Tour season with Enfield's Shawn Turple holding a 19-point lead over Timberlea's Wayne Smith in the race for the points championships. Adult tickets are \$30.

NHL preseason hockey

When: Tuesday, 7 p.m.

Where: Halifax Metro Centre

The National Hockey League returns to the Nova Scotia capital for exhibition action as the Ottawa Senators take on the Florida Panthers. Tickets range from \$56 to \$82.

Halifax Walk for World Suicide Prevention Day

When: Sunday, 1:30 to 3:30 p.m.

Where: Victoria Park

The event will feature a guest speaker, as well as info tables with displays by community-based organizations. The Halifax Walk is supported by CMHA-Nova Scotia Division and Communities Addressing Suicide Together (CAST).

METRO NEWS SERVICES

In brief

BACK TO STAGE Natalie Cole has returned to the concert stage for first time since a successful kidney transplant. The 59-year-old singer performed Wednesday night at the Hollywood Bowl in Los Angeles. Cole had the surgery in May. She received a standing ovation from the crowd as she walked onto the stage in a purple jewel-studded gown by designer Lloyd Klein.

GUITAR HALL OF FAME Barbara Mandrell has become the first woman to be inducted into the Steel Guitar Hall of Fame. Mandrell was a multi-instrumentalist as a child. She toured with The Johnny Cash Show at age 13 and had her first Billboard chart record at 21. Later, she had her own weekly variety television show, Barbara Mandrell and the Mandrell Sisters.

MORE SWIFT Taylor Swift is giving fans some new music, even though she's not yet releasing a new album. The 19-year-old country and pop sensation is re-releasing her top-selling CD Fearless Oct. 27 with six new songs. She will also include a DVD of photos, tour footage and her videos, including her comedic clip with T-Pain from the CMT Awards. **METRO NEWS SERVICES**

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Adam Rodriguez's character on CSI: Miami disappeared in the Florida everglades, but apparently the actor found his way to New York: Rodriguez will join the cast of Ugly Betty this season. TVGUIDE.COM

Entertainment

Furtado goes Spanish with Mi Plan



Following the colossal success of her third album, *Loose*, Nelly Furtado — that glam, midriff-baring seductress of *Promiscuous* — finally got the chance to

hang up her custom-designed Yves Saint Laurent heels and just relax.

"I took two years off after *Loose*," Furtado told *The Canadian Press* in a recent interview at a Toronto hotel. "The first year, I literally wore rubber boots and velour track pants and stayed at home and made chicken noodle soup for my daughter."

"And it was fun. I loved it. It was the first break I took in eight years of being a musician."

And yet, she still wound up spending most of her time work-

"I was like: 'Hmm, what do I want to say next in English? I have no idea, so let me try to say something in Spanish.'"

Nelly Furtado

ing.

Furtado says her daily routine involved dropping her daughter, Nevis, off at school and driving to the studio. There, she crafted *Mi Plan* — her fourth album and her first composed of solely Spanish-language material, which will be released Tuesday.

"After an album like *Loose*, what do you do after that? It's hard not to think too hard, and over-

think, and that ruins your inspiration," she said on recording in Spanish.

"I was like: 'Hmm, what do I want to say next in English? I have no idea, so let me try to say something in Spanish.'"

For Furtado, a Victoria native with Portuguese roots, the transition was smooth. Her earliest performances as a child were in Portuguese, and she began learning Spanish in

high school.

Furtado pegs her fluency in Spanish at around 50 per cent — she "can write a song but it won't necessarily be poetic." So she invited a multitude of musicians and songwriters to appear on the record, including Juno Award winner Alex Cuba, American singer/songwriter Josh Groban and Mexican crooner Alejandro Fernandez.

"The collaborations to me are what define the album, and I'm not afraid to say it, I think it's a community project," Furtado said.

THE CANADIAN PRESS

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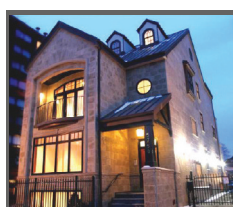
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Watching Sells

NBC has partnered with Bryan Singer and Pushing Daisies' Bryan Fuller to adapt Augusten Burroughs' *Sellelevision* into a series. The one-hour dramedy will focus on the inner workings of a fictional home shopping network. **METRO NEWS SERVICES**

Entertainment

Double or nothing?

You would think doubling a film's chances for an Academy Award nomination would thrill everyone in Hollywood, where an Oscar is the highest form of ego-stroking in a town of big egos.

Yet attitudes among stars, filmmakers and executives range from cautious optimism to harsh disagreement over the big change at next March's Oscars: 10 best-picture nominees instead of the usual five.

The Academy of Motion Picture Arts and Sciences is experimenting with the expanded slate as Oscar organizers hope to stoke

more interest in the awards show and spread the prestige around to different kinds of films.

It's not without precedent. From 1931 to 1943, the academy generally had 10 best-picture contenders, and as many as 12 some years.

Since then, though, it's been only five. Many in Hollywood wonder if doubling the field will cheapen the honour of scoring a nomination for the biggest prize in show business.

"I think it's terrible. My knee-jerk reaction is that it's a really bad idea. We'll see, but I think 10 just dilutes it too much," said

Matt Damon, an Oscar winner for the *Good Will Hunting* screenplay he wrote with Ben Affleck.

This month's Toronto, Venice and Telluride fests traditionally mark the start of awards season, as studios begin trotting out their big guns for the Oscars. Such recent festival premieres as *Crash*, *No Country for Old Men* and *Slumdog Millionaire* have gone on to win best picture.

"I hope it doesn't devalue the nomination. Because to be nominated for best film is obviously an incredible honour," said Peter Jackson, whose *The*

Lord of the Rings: The Return of the King swept the 2003 Oscars.

The switch to 10 nominees mainly springs from Oscar planners' efforts to popularize the show amid generally declining TV ratings over the last 25 years, as smaller, sober dramas have come to dominate instead of big studio productions.

Lighter films occasionally sneak in — the road-trip romp *Little Miss Sunshine* or the pregnancy comedy *Juno*. Yet the best-picture lineup most often fills up with broody films such as last year's *The Reader*, *Frost/Nixon* and *Milk* —



Ben Affleck and Matt Damon display their Oscars for Best Original Screenplay for *Good Will Hunting* in 1998.

critical but not commercial triumphs.

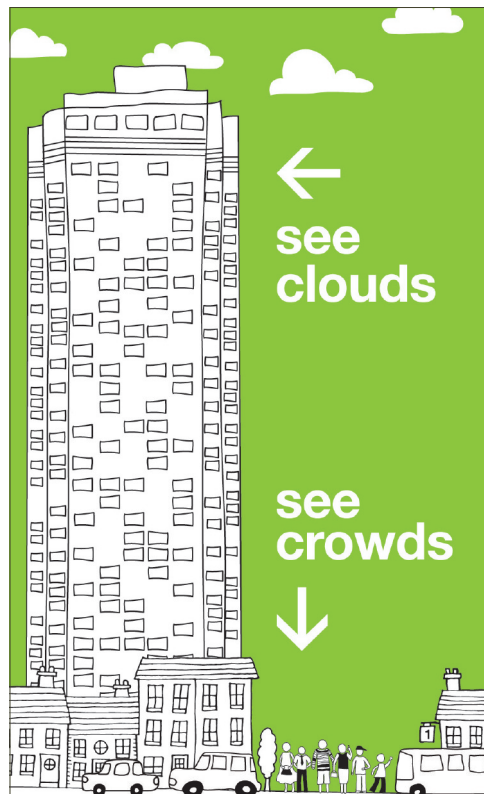
"It used to be actually that very big box-office movies tended to be the ones that win," said Chris Weitz, director of this fall's vampire sequel *The Twilight Saga: New Moon* and a 2002 Oscar nominee for

the *About a Boy* screenplay. "Studios are now spending money on things they see as giant blockbusters rather than necessarily spending a lot of money on big historical epics that might do well at the Oscars."

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Sarah Jessica Parker wears a Solange Azagury-Partridge necklace worth almost \$200,000 US on the set of the new Sex And The City movie, femalefirst.co.uk reports. METRO NEWS SERVICES

Celebrity Buzz

Eddie's other, other woman?

GETTING AROUND Eddie Cibrian has been exposed as a serial cheater by a model who says he was dating behind her behind his wife's and mistress Leann Rimes' backs, femalefirst.co.uk alleges.

Scheana Marie Jancan has sensationally claimed she was part of a love square, which ended the TV star's marriage to Brandi Glanville — and she's still in shock about the whole thing, the website reports.

Jancan tells Life & Style magazine she and Cibrian

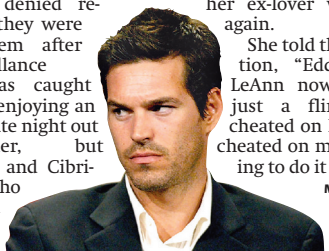
were romantically involved for three years during his marriage, but she had no idea he was cheating on her with country star and actress Rimes.

Rimes and Cibrian initially denied reports they were an item after surveillance cameras caught them enjoying an intimate night out together, but Rimes and Cibrian, who played lovers

on TV movie Northern Lights, have since ended their marriages and gone public with their romance. A jilted Jancan has warned Rimes to be careful — because she's sure her ex-lover will cheat again.

She told the publication, "Eddie's with LeAnn now, but it's just a fling. Eddie cheated on Brandi. He cheated on me. He's going to do it to LeAnn."

METRO WORLD NEWS



Celebrity tweets

Tyra Banks tries to bluff her way through a fashion faux pas, British actor **Stephen Fry** gets technical about his claims he made, **John Mayer** has some advice for women he meets at clubs, and **Tila Tequila** keeps her fans updated on her alleged assault case.

• **@tyrabanks** leaving the house with strapless jumpsuit on with bra straps showing trying to pass it off as fashionable! trend alert! ha!

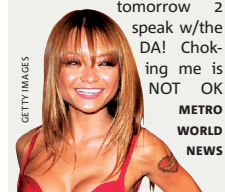
• **@stephenfry** When I promised to eat 40 hats if you weren't enchanted by "Sum", I hope were aware that "hat" means "cashew nut" in a rare Papuan dialect.

• **@johnmayer** Rule of law: if you tell me within two minutes of meeting me that you are "real," you are in fact not. But neat dress.

• **@officialtila** Wish me luck guys! Im going 2 San Diego tomorrow 2

• **@officialtila** speak w/the DA! Choking me is NOT OK

METRO WORLD NEWS



Katherine adopting

MOTHERHOOD Katherine Heigl is ready to become a mom. The Grey's Anatomy star and her husband, Josh Kelley, are adopting a baby girl, the actress confirmed to Ellen DeGeneres.

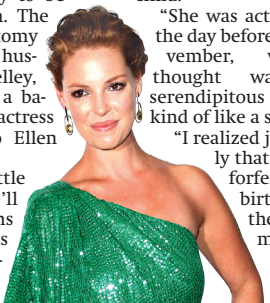
"It is a little girl and she'll be 10 months at the end this month," Heigl said of the

Korean-born special needs child.

"She was actually born the day before me in November, which I thought was really serendipitous and just kind of like a sign."

"I realized just recently that I basically forfeited my birthday for the rest of my life."

METRO WORLD NEWS



Hugh finalizes divorce

A SINGLE MAN AGAIN! After separating 11 years ago, Hugh Hefner and his wife, former Playmate Kimberly Conrad, are finally getting a divorce. Hefner filed in L.A. recently, citing irreconcilable differences, according to media reports.

"I am happy to be out of the marriage," Hefner said. "I only remained married for the sake of the children, at

her request. I am happy to have this behind me."

Since their split, Conrad and the two sons she had with Hefner have lived next door to his famous Playboy mansion.

Hefner wants Conrad's spousal support to be set at \$20,000 US a month, insisting he's already given her nearly \$12 million since their separation.

METRO WORLD NEWS



Charlie the conspiracy theorist

IDEAS Actor Charlie Sheen is known nowadays for his funny bone on TV show Two and a Half Men, but off-screen, Sheen's got a serious bone to pick with 9/11 and what most people think was behind it, popeater.com reports.

So much, in fact, that he's demanding a meeting with U.S. President Barack Obama to discuss his views. Sheen, who believes that the Sept. 11 terror attacks were carried out by the U.S. government, gave an interview to prisonplanet.com in the form of a fictional conversation he'd like to have with Obama.

In it, Sheen — a self-proclaimed 9/11 Truther, a conspiracy theory group that doubts official reports on the terrorist attacks — declared that "the official 9/11 story is a fraud."

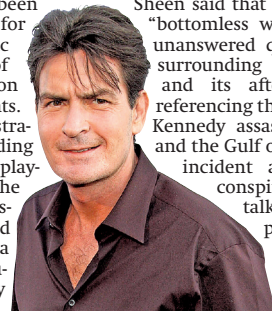
"9/11 has been the pretext for the systematic dismantling of our Constitution and Bill of Rights. Your administration is reading from the same play-book that the Bush administration foisted on America through documented secrecy

and deception."

He went on to say that former U.S. president George Bush used the attacks as a way to create a war with Iraq.

In the "interview," Sheen said that there's a "bottomless warren of unanswered questions surrounding that day and its aftermath," referencing the John F. Kennedy assassination and the Gulf of Tonkin incident as other conspiracy talking points.

METRO NEWS SERVICES



Lindsay after Mischa's job?

WHEN OPPORTUNITY KNOCKS Looks like Lindsay Lohan's job hunting may have endangered her friendship with Mischa Barton.

Sources on the set of Barton's new series, The Beautiful Life, claim that when Bar-

ton's hospitalization in July threatened to derail filming, Lohan got in touch with producers to let them know she was more than willing to take Barton's place, according to the Chicago Sun-Times.

METRO WORLD NEWS



Ex's rebound opens old wounds

DEEPLY HURT Jessica Simpson is reportedly "devastated" that ex Tony Romo is now dating Candice Crawford, actor Chace Crawford's sister, according to Hollyscoop.

"She doesn't want Tony back, but no one wants to see that their ex has moved on with a hot, younger girl ... She's pretty insecure about herself."

METRO WORLD NEWS



Cut the boob talk, Victoria requests

MODESTY When pressed by Elle magazine about rumours she had had her breasts reduced, Victoria Beckham said, "We should just not talk about each other's boobs."

One thing she will talk about is dealing with husband David Beckham's long absences due to his work schedule. "I felt like someone had chopped my arm off ... Everything we do, we do together. I very rarely go out on my own, unless it's a work commitment," she said.

METRO WORLD NEWS



Big changes as Matt preps for new baby

BABY NO. 2 Matthew McConaughey admits that having a family has meant making some changes around the house.

"We had to super child proof the new house," the actor wrote on his MySpace blog.

He and girlfriend Camila

Alves are getting ready to welcome a younger sibling for 14-month-old son Levi, who McConaughey admits is already a handful on his own.

"He's motoring around like Usain

Bolt," McConaughey added. "We call him the fruit bandit 'cause if there's fruit out, he's on it, takin' it and eatin' it. He's gettin' bigger, more fun, smarter and craftier by the day."

METRO WORLD NEWS



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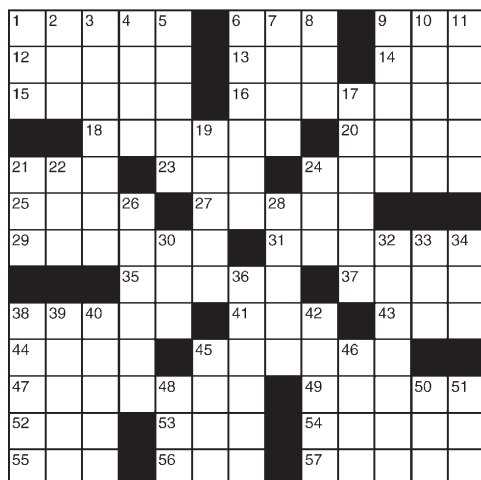
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9 Edwards or Andrews (Abbr.)
12 Commercial for a TV show
13 Bribe
14 Grazing land
15 Mature
16 Lightweight outerwear
18 "For sure"
20 Emcee
21 "Eureka!"
23 Eventual aces
24 Big and strong
25 Bull's-eye hitter
27 Standish stand-in
29 "Sophie's Choice" author
31 Boxing combination
35 English home-work, perhaps
37 Luke's mentor
38 Perhaps
41 Sleep phenom
43 Calif. hours

44 Garfield's pal
45 "Raging Bull" star
47 Kewpie doll feature
49 Jordanian money
52 Raw rock
53 Blond shade
54 Fashion
55 In medias —
56 Pod dweller
57 Entice

DOWN

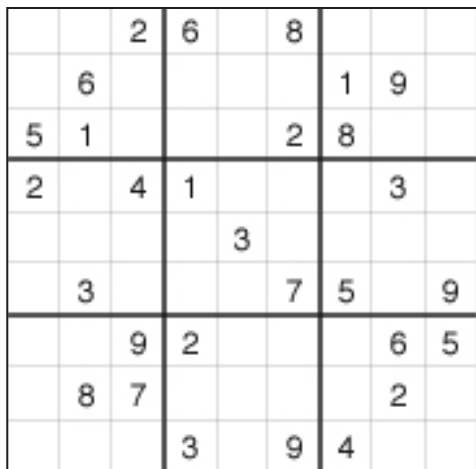
1 Spring mo.
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4 Portent
5 Sonata movement
6 Bony
7 Comestibles
8 Software program
9 Unfriendly
10 Banquet
11 Cuckoo
17 Biden predecessor
19 Country singer

Sara
21 Billboards
22 Chapeau
24 Coop occupant
26 Man with all the answers?
28 Senior member
30 Sugar suffix
32 Place name
33 Sentence pts.
34 Feedbag morsel
36 "Queen of Soul"
38 Engine
39 Worship
40 "Holy smoke!"
42 Central part
45 Rx measure
46 Ceremony
48 Siesta
50 Jungfrau, for one
51 On pension (Abbr.)

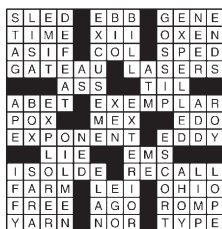
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



2	7	9	5	1	4	8	6	3
6	1	4	8	3	9	7	2	5
3	5	8	6	2	7	1	4	9
9	6	1	4	8	2	5	3	7
8	4	3	7	6	5	9	1	2
7	2	5	3	9	1	6	8	4
5	3	6	9	4	8	2	7	1
4	9	2	1	7	6	3	5	8
1	8	7	2	5	3	4	9	6

On the web

For more games and 60 additional daily cartoon strips, visit metronews.caHoroscopes by Sally Brompton sallybrompton.comFor Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES

MARCH 21-APRIL 20

You are about to discover what has really been going on behind the scenes. Chances are it won't be as bad as you feared.



TAURUS

APRIL 21-MAY 21

With Pluto, planet of power, now coming to the end of its retrograde phase your energy will soon return.



LIBRA

SEPT 23-OCT 23

You should know by now that different people see things in different ways and if you accept that fact you won't have too many problems.



SCORPIO

OCT 24-NOV 22

Keep a sense of perspective today, especially where money matters and business issues are concerned.



GEMINI

MAY 22-JUNE 21

Today's cosmic alignment will bring you into conflict with some of the people you care most about in the world.



SAGITTARIUS

NOV 23-DEC 21

You may be feeling assertive and ambitious today but don't push it too far or you could turn people against you.



CANCER

JUNE 22-JULY 22

Pressures have been building up around you for a long time now and at some stage today they will become almost unbearable.



CAPRICORN

DEC 22-JAN 20

As Pluto, planet of transformation, turns direct in your sign you will be asking yourself some serious questions, like "What does it all mean?"



LEO

JULY 23-AUG 23

You can be astonishingly stubborn at times and chances are you won't give way on anything today, no matter how small or inconsequential.



AQUARIUS

JAN 21-FEB 18

You may be tempted to go back on a promise but if you do you will regret it by the end of the month.



VIRGO

AUG 24-SEPT 22

No amount of discussion is going to win others round to your way of thinking, so all you can do is fight for what you believe.



PISCES

FEB 19-MARCH 20

Something will happen today that shocks you, but looking back you will realize that you should have seen it coming.



Metro Recipe of the Day



SAMAN POMER

Ginger Garlic Chicken Stir Fry

Submitted by Alison Glasbergen, Victoria, B.C.

INGREDIENTS:

1 cup Jasmine rice
2 cups water

FOR MARINADE:

2 garlic cloves, crushed
3 inch piece of ginger, peeled and grated
1 tbsp soy sauce
2 tsp sesame oil

FOR STIR FRY:

1 tbsp vegetable oil
2 boneless, skinless chicken breasts, sliced into strips (or 4 boneless, skinless chicken thighs)
1-2 carrots, sliced
1 small head of broccoli, cut into bite-size florets
1 small package sugar snap peas, ends removed
4-5 mushrooms, sliced
1/2 green pepper, chunked (other vegetables can be substituted or added)

METHOD:

1. Cook Jasmine rice according to package directions. Meanwhile, combine ingredients for marinade in a medium bowl.
2. Add sliced chicken, stir to combine and set aside

while preparing vegetables.

3. Heat vegetable oil in large frying pan, add chicken, and stir-fry until chicken is no longer pink (about 2 minutes). Remove chicken from frying pan to a separate dish and keep warm in the oven.
4. Add a bit more oil to pan and add chopped vegetables, reserving mushrooms, and stir-fry for about 4-5 minutes.
5. Add mushrooms and continue stir-frying for another 3 minutes. Add a few drops of water to help vegetables steam cook when stir-frying.
6. When vegetables are crisp tender, add chicken and stir to combine (if desired, add a splash or two of soy sauce, then stir).
7. Serve with rice. Enjoy!

SERVES 2

PREP TIME: 10 MINUTES
COOK TIME: 15 MINUTES



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